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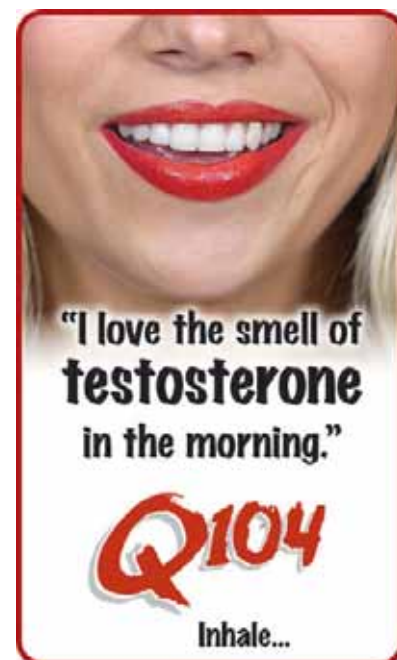
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EXCLUSIVE

HE'S THE ROCK STAR OF THE BUSINESS WORLD, BUT YOU MAY BE SURPRISED BY THE GLOBAL REACH OF THE AUDACIOUS SIR RICHARD BRANSON. TODAY, METRO PROFILES:

- POLITICS AND HIS WORK WITH WORLD LEADERS PAGE 12
- CULTURE AND THE SEVEN THINGS THAT FUEL HIS PASSION PAGES 18-19
- STYLE AND HIS TRADEMARK CASUAL-CHIC LOOK PAGE 23
- DRUG LEGALIZATION. BRANSON IS IN FAVOUR, BUT WOULD IT WORK? FIND OUT AT METRONEWS.CA



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Thursday, October 4, 2012



News worth sharing.

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Caroline Derkson, granddaughter of murder victim Lavinia Campbell, holds a photo of her grandmother on Wednesday outside the Nova Scotia Supreme Court in Halifax. JEFF HARPER/METRO

Life for teen who laughed about killing senior

Jamie Gallant case.
Murderer's 'history of violence' culminated in bare-knuckle budgeoning



RUTH DAVENPORT
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A teenage boy who murdered a Dartmouth woman in her bed did it for less than \$65 — and laughed about it afterwards.

Jamie Gallant, 18, has been sentenced to life in prison with no parole eligibility for 17 years for beating Lavinia Campbell to death last December. He was initially charged with first-degree murder after Campbell's body was found beaten and decomposed in her Jackson Road home on Dec. 16. But he pleaded guilty to second-degree murder on Wednesday under a deal between the Crown and defence.

"(Gallant) has perpetrated a horribly violent crime on a highly vulnerable victim in her home," prosecutor Terri Lipton



Jamie Gallant METRO FILE

said in her submission. "(Campbell) was a helpless elderly lady who did not deserve to die in her home in this vicious and unprovoked manner."

According to an agreed statement of facts, Gallant and a younger boy kicked in Campbell's back door late on Dec. 14, looking for cigarettes and car keys. Gallant found Campbell curled up in her bed, and shattered his flashlight with a blow to her head.

He continued beating the 79-year-old with his fists and knees, breaking nearly all her ribs. She fell to the floor, pleading for help, and he kicked her face until her nose and jaw caved in.

Gallant left the home with Campbell's purse, which con-

Parole

- Justice MacDonald put the parole-eligibility recommendation outside the normal range of 12 to 15 years because of the mindless nature of the attack.

tained \$62. When he saw coverage of the murder a few days later, witnesses told police he laughed and said, "I did it."

Campbell's granddaughter, Caroline Derkson, flew from B.C. for the hearing and said the family has gained some closure with the killer's sentence.

"There's certainly some comfort in knowing he can't do this to anyone else's grandmother," she said, describing Campbell as a kind-hearted woman who loved her cats.

Justice Simon MacDonald emphasized the repugnance of the attack. "You're a young man who will now be spending a long time in jail," he said. "Never forget, until the day you die, what you did to Mrs. Campbell."

'I'm trying to fix the future'

Jamie Gallant sat with his head bowed for most of his sentencing hearing and addressed the court with a few emotionless words.

"I'm really sorry for the things that I've done. I don't

really understand why I did them," he said. "I can't turn back the clock, so I'm trying to fix the future."

At 18, Gallant has a lengthy criminal record. Details of his youth record can't be divulged due to the law, but the statement of facts says he was arrested and charged with breaking into Lavinia Campbell's home two

years before her death.

Caroline Derkson, Campbell's granddaughter, said the admitted killer looked "just like a little kid."

"My heart really goes out to his family because this can't be easy for them to deal with, either," she said. "As much as I can appreciate him expressing his remorse, I did." **RUTH DAVENPORT/METRO**

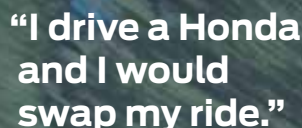


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Reaction

Nova Centre 'essential' for core: MacKinnon

Wednesday's public consultation was met with a mostly positive response to the Nova Centre design.

Paul MacKinnon, executive director of the Downtown Halifax Business Commission, says the development is essential for the growing downtown core as well as an integral part of the province's economy. He says residents should also be encouraged that the design team is holding public consultations and has already made dramatic changes to it.

"People are getting involved, and I think it's very exciting," MacKinnon said at Wednesday night's meeting. "People want Argyle Street to maintain its character. It's one of the streets downtown that works really well. I think it's being respected in the plans.... We still have a long ways to go before it's actually going to open."

There was at least one person who showed up dead against the centre.

Save The View's Phil Pacey, a longtime critic of the project, says most people in the city don't want highrise buildings that this centre offers.

"I think that's a big mistake. Halifax doesn't have the market to support this sort of project," he said.

ANDREW RANKIN/METRO



A proposed view down Argyle Street. CONTRIBUTED



A preliminary design of the Nova Centre. CONTRIBUTED

New Nova Centre blueprint unveiled

Development. Two 16-storey financial towers among plan for downtown mega-project

ANDREW RANKIN

halifax@metronews.ca

After months of consulting residents across the province, the design team behind the Nova Centre unveiled a new blueprint for the downtown mega-project at Pier 21 on Wednesday night.

The project, which includes the new convention centre, borders Prince, Market, Sackville and Argyle streets and promises

Quoted



"We're really trying to make this something that's meaningful for the entire province"

Developer Joe Ramia

to be more pedestrian-friendly and in line with the current architectural theme of the city.

The initial plan that's since been scrapped, after the consultation process began in July, would have seen a giant glass-encased ballroom form a superblock by crossing Grafton

Street. Now the 80,000-square-foot space that will fit anywhere from 2,000 to 2,500 people has been moved up 25 feet. It would stretch from Grafton extending to Argyle.

More sidewalk space on Argyle Street is included in the new plan. Among the most important details in the concept are two 16-storey financial towers planned for Argyle Street: One of which intersects with Prince Street, the other with Sackville Street.

Another 17-storey hotel is planned for the corner of Grafton and Prince streets.

The bottom level of the convention centre, which would consist mostly of retail space, would also feature restaurants and a giant video screen along

Argyle Street. The main floor would also be split by Grafton Street with the idea of creating a vibrant, social setting. The design team is hoping that traffic will flow along the Grafton artery.

"People want it to represent the old but look to the future," said Joe Ramia, the developer for the project. The final design plan is scheduled to be unveiled Dec. 7. The \$500-million Nova Centre project is scheduled to open in early 2016.

Online

For more pictures of the Nova Centre design plans visit metronews.ca/halifax.

Mobile news



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Forestry agreement. Environmental group raises concern

One of Nova Scotia's leading environmental groups is accusing the province of quietly weakening forest sustainability and land-protection requirements for the new owners of the Port Hawkesbury Paper mill in Cape Breton.

The Ecology Action Centre says the final agreement signed Friday between the province and Stern Partners — the mill's parent company — includes two clauses that have set off alarm bells.

The first would allow the mill to drop its certification by the Forest Stewardship Council.

The council's certification tells consumers that the company's forestry practices are well-managed and sustainable.

Matt Miller, a spokesman for the centre, said the agreement says Port Hawkesbury Paper can, with the province's approval, drop the certification in favour of an "alternative certification."

As well, Miller said previ-



Charlie Parker METRO FILE PHOTO

ously undisclosed portions of the agreement could allow the company to log 89,000 hectares of Crown land that was supposed to be protected under agreements signed by the mill's previous owners.

Natural Resources Minister Charlie Parker confirmed that Port Hawkesbury Paper can choose another certification process, but he said the province would have the final say.

Parker said it wouldn't be in the best interests of the company to seek a more lax certification process because such a move would go against what customers are demanding.

THE CANADIAN PRESS

Veteran councillor. Gloria McCluskey due to get honorary degree

A regional councillor and former mayor of Dartmouth can add another accolade to a pretty long list.

Gloria McCluskey is one of four local residents who will receive honorary degrees from Saint Mary's University during convocation ceremonies on Oct. 14.

McCluskey joins Halifax developer Besim Halef, constitutional-law scholar Ed McBride and entrepreneur and Order of Canada recipient Fred Smithers on the list of this year's degree recipients.

Dalhousie University honoured Canadian senator and former United Nations commander Romeo Dallaire with an honorary degree at convo-



Gloria McCluskey METRO FILE PHOTO

cation ceremonies earlier this week.

Former University of Saskatchewan president Robert MacKinnon, QC, and Dr. Robert Roberts, president of the University of Ottawa Heart Institute also received honorary degrees. METRO

Rock Candy Boutique

Teens charged with break-and-enter

Halifax police have charged two youths after a break-in at a downtown Halifax store earlier this week. On Tuesday, Halifax Regional Police say someone noticed a broken window at the Rock Candy Boutique on Prince Street. Officers then arrived on scene, but couldn't locate a suspect. Following an investigation, police say they arrested two males, aged 17 and 16, on South Street in Halifax. Both teens were to appear in court Wednesday. METRO

Fenwick Street assault

Woman didn't know attacker: Cops

Halifax police are investigating the alleged assault of a woman. Police say that they responded to an "assault in progress" on Fenwick Street Wednesday morning. Investigators say witnesses told them a man was assaulting a woman at the location, but the man fled before police arrived. The woman was transported to hospital for treatment of non-life-threatening injuries. Police have not interviewed her yet due to her injuries. THE CANADIAN PRESS



Angela Jones smiles outside of Nova Scotia Supreme Court in Halifax on Wednesday after learning that she could run for municipal office. JEFF HARPER/METRO

Legal battle ends in victory for District 4 council candidate

Supreme Court. HRM accepts ruling



RUTH
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A city lawyer has been cleared to run for council in the upcoming municipal elections.

Nova Scotia Supreme Court Justice Arthur LeBlanc ruled Wednesday that HRM's returning officer was wrong to kick Angela Jones out of the election after accepting her nomination papers.

"The court confirmed

what I've always said, that the returning officer had no authority to disqualify me as a candidate," said Jones after the hearing. "I'm looking forward to pursuing the campaign."

Returning officer Cathy Mellett had disqualified Jones under a section of the Elections Act that states municipal employees must seek leave before being confirmed as candidates.

Jones, who is currently on parental leave, says Mellett told her that would satisfy the leave requirement and accepted her papers on Sept. 11.

Mellett then said the parental leave didn't qualify as

In the running

Angela Jones, who has been a lawyer with HRM for 15 years, will run against returning councillor Lorelei Nicoll and Barry Smith.

"leave" and rescinded her acceptance of Jones' nomination on Sept. 13.

LeBlanc accepted Jones' argument that a returning officer has no jurisdiction to remove a candidate once they're on the ballot.

Electronic voting begins Saturday, and Jones was planning to begin cam-

paing in District 4 immediately.

"I need help from the residents of HRM and Cole Harbour, I need their support because the decision of HRM to disqualify me was incorrect," she said. "I knew it was incorrect and I'll fight for the people of Cole Harbour the same way I fought for my own rights."

HRM lawyer Dan Campbell says the municipality accepts the ruling and will take all the necessary steps immediately.

"A new notice of poll will be published and distributed to voters in the district, as quickly as it can be done," he said.

Halifax housing prices on the upswing, survey says

The price of buying a home in the city has increased over the past year.

Prices of detached bungalows in the city saw the biggest gains at 8.9 per cent, equalling \$293,000 over the third quarter of last year, according to a Royal LePage house-price survey released Wednesday.

Standard two-storey homes and condominiums made modest gains. The average price for standard two-storey homes was up 3.7 per cent to \$311,000. While the average price for standard condominiums increased 3.1 per cent year-over-year to \$202,000.

Royal LePage Atlantic

broker Matt Honsberger attributed the gains primarily to the city's improving economy.

"We're seeing a number of buyers purchasing properties closer to the downtown core in order to take advantage of city amenities," said Honsberger.

METRO

Changing the rules

12.1

According to the Conference Board of Canada, Halifax housing sales plunged 12.1 per cent in August as the federal government introduced tighter mortgage-lending rules.



Two new photos have been released by police of fugitive Wayne Cunningham. On the left is Cunningham in 2006, the other is a more recent photo, police say. HANDOUT

More photos of wanted man released by police

Alleged confinement case. Arrest warrant issued for Wayne Cunningham on Sept. 26

PHILIP CROUCHER
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Police are hoping two new photos they released of a man wanted in the alleged confinement case of a 16-year-old boy will finally lead to his arrest.

Wayne Cunningham, 31, has been wanted by police for a week now on charges of sexual assault and forcible confinement after the 16-year-old claimed he was

held captive by two men at a Lunenburg County home last month.

The photos of Cunningham include a more recent one of him sitting in a car, police say. The other is of him with longer hair from 2006.

"Hopefully it will give the public an idea of what he looks like, or what he may look like if he has long hair," said RCMP spokesman Const. Alain LeBlanc.

On Wednesday, the Greenstone Detachment of Ontario Provincial Police found the 2003 Hyundai Elantra that Cunningham was believed to be driving. It was found abandoned on a logging road about 19 kilometres off the highway in Longlac, Ont., northeast of Thunder Bay.

The Nova Scotia plates



David LeBlanc. HANDOUT

were on the vehicle.

Cunningham's whereabouts aren't known. Police had believed he may have been heading to Calgary.

"At this point, we have no idea where Mr. Cunningham may be," LeBlanc said.

Earlier this week, David James LeBlanc, 47, was arrested in Ontario by the OPP's Greenstone Detachment. He was wanted on the same charges as Cunningham.

RCMP in Nova Scotia say they are continuing to work with police in Ontario to arrange flying LeBlanc back to Nova Scotia. LeBlanc remains in hospital under police custody, and is unable to fly due to medical reasons.

When he was arrested Sunday, police say he was found to be in distress.

"It could be in relation to that, but I don't have any information about his medical condition or what specifically would prevent him from flying," LeBlanc said.

Wildlife

Cape Breton tackles coyotes after attack

Officials with the Department of Natural Resources say four coyotes have been captured and killed in Cape Breton since traps were set about 11 days ago.

"Three of them are yearlings and the fourth was a large male," said Andrew Pyke, district wildlife technician. "The adult male was very skinny and had an injury to his jaw."

On Sept. 17, officials with the Department of Natural Resources were contacted about a 16-year-old girl who is believed to have been attacked by a coyote Sept. 14 on the train tracks near Breton Education Centre.

The girl, who lives in the area, received significant scratches to her face. DNR officers, helped by a trapper, have since set up 20 traps in outlying areas surrounding the community.

Pyke said the traps will be left in place for at least three weeks.

"Depending on what success we have we can extend that if we feel it is necessary," he said. "We have had some success so far, so that is encouraging."

CAPE BRETON POST

Scented traps

- **Marked.** The majority of the traps have been set with a 'scent' type of bait and the traps are marked with yellow signs.

Settlement

SPCA to maintain embattled animal shelter

The Nova Scotia SPCA says it has reached a settlement that will allow it to maintain control of an embattled animal shelter in Sydney.

Details of the settlement with the Cape Breton Humane Society have not been released, but the SPCA says the agreement will allow both sides to move forward and avoid "a lengthy court process."

The two sides have been embroiled in a dispute over the shelter's ownership since the SPCA dissolved the board of its Sydney branch last November and fired the manager.

At the time, the SPCA cited concerns over the standard of care at the facility.

The local board, however, refused to vacate the facility and renamed itself the Cape Breton Humane Society.

A provincial Supreme Court judge granted the SPCA interim control of the shelter in January.

THE CANADIAN PRESS



An American Staffordshire Terrier at a U.S. SPCA shelter. The Nova Scotia SPCA will control an embattled animal shelter in Sydney.

GETTY IMAGES



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Serbia bans gay-pride parade, again

Police cite potential for violence. Decision follows request by Orthodox Church leaders, who call it a 'parade of shame'

Serbia's police on Wednesday banned a gay-pride march in Belgrade, citing security concerns, but also complying

with a request from Serbia's Christian Orthodox Church.

Police said they were banning the march planned for Saturday because they feared a repeat of the violence in 2010, when right-wing groups attacked a gay-pride event in Belgrade. That triggered day-long clashes with the police which left more than 100 people injured.

Last year's march also was banned by authorities.

The current ban was an-

nounced after Patriarch Irinej, the head of Serbia's Christian Orthodox Church, urged the government to prevent Saturday's march. In a statement, he said such a "parade of shame" would cast a "moral shadow" on Serbia — a conservative Balkan country whose gay population has faced threats and harassment.

Allowing a gay-pride march this year had been regarded by some as a test of Serbia's pledge to respect human rights

as it seeks European Union membership. That was clear in the reaction of European Parliament official Jelko Kacin, who called the ban a "political decision that questions the rule of law in Serbia."

Secretary general Thorbjørn Jagland of the Council of Europe, the continent's main human-rights body, said he was "surprised and disappointed" that the pride event has been banned again.

THE ASSOCIATED PRESS



In this file photo from 2010, riot police gather to protect a gay pride parade as it moves along a street in Belgrade, Serbia. DARKO VOJNOVIC/THE ASSOCIATED PRESS FILE

WikiLeaks bail jump

Assange allies want their cash

Supporters of Julian Assange are waiting to find out if they will lose the \$225,000 US they put up in bail surety money because the WikiLeaks founder has sought political asylum in Ecuador's Embassy in London.

Assange, 41, has been holed up in the embassy since June 19 as part of his bid to avoid extradition to Sweden, where he faces questioning over sex-crimes allegations.

By seeking refuge in a foreign embassy, Assange breached his British bail conditions.

THE ASSOCIATED PRESS

Bosnian conflict

War crimes suspects freed

Bosnia's war crimes court has acquitted two former Bosnian Serb policemen accused of participating in the 1995 Srebrenica massacre.

The court said Wednesday that prosecutors failed to prove Dragan Neskovic and Zoran Illic committed crimes against humanity by rounding up Muslim men for execution and then firing into the piles of bodies to make sure there were no survivors.

Judges concluded that witness statements were contradictory and the credibility of some of them was doubtful.

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Proof women did physical labour

This photo from 2008 shows the remains of a woman in a grave in Geitzendorf, Austria. The Museum of Ancient History Lower Austria says the remains are that of a woman metal worker from more than 3,000 years ago — the first indication women did such work back then.

THE ASSOCIATED PRESS

Batman in cuffs. Man dressed in superhero costume arrested

Police say they arrested a U.S. man after he showed up at a crime scene wearing a Batman outfit because he wouldn't leave them alone.

"He wouldn't clear the scene, and we had a canine out there, and he kept screwing up the scent," State Police Sgt. Jeff Gorno told the Petoskey News-Review.

Mark Wayne Williams, 33, was charged in Saturday's incident with resisting and obstructing police in an investigation.

THE ASSOCIATED PRESS



Mark Wayne Williams in his costume.
PETOSKEY DEPARTMENT OF PUBLIC SAFETY

Dying language

Last native speaker dies at 92

In a remote fishing town on the tip of Scotland's Black Isle, the last native speaker of the Cromarty dialect has died, taking with him another little piece of the English linguistic mosaic.

Scottish academics said Wednesday that Bobby Hogg, who passed away last week at age 92, was the last person fluent in the dialect once common in the seaside town of Cromarty, about 280 kilometres north of Scottish capital Edinburgh.

THE ASSOCIATED PRESS

Stolen batch of maple syrup gets police escort

Sweet and sticky gold. A large quantity of stolen pancake topping has been brought back to Quebec from N.B.

took an interprovincial journey — accompanied by a squad of provincial police cars.

The shipment stems from an investigation into a stolen haul from a Quebec warehouse and the sticky substance is on its way back home from neighbouring New Brunswick.

Yvon Poitras, the general manager of the New Brunswick Maple Syrup Association, says the goods came from a New Brunswick exporter.

"(The convoy's) under police protection going somewhere in Quebec," he said.

"We've been asked not to talk because it's under investigation."

Police confirm that an investigation is underway, but are keeping mum. They will only say that a search was carried out on Sept. 26 at a company alongside a highway in Kedgwick, N.B.

In August, the Quebec Federation of Maple Syrup Producers reported the theft of a massive quantity from the warehouse in St-Louis-de-Blandford. The missing stock was discovered during a routine inventory check.

The burglarized warehouse held more than 4.5 million kilograms of maple syrup, valued at over \$30 million.

The exact amount of the theft was not disclosed.

THE CANADIAN PRESS



Bottles of Kickapoo Gold organic maple syrup are seen in March 2006. TIM BOYLE/GETTY IMAGES

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Dogfight in Denver: Obama tries to stifle a Romney romp

Was it Mitt's night? In the tweeting universe, it seems he won on points over president's stay-cool professorial demeanour

The race to the White House took a heated turn Wednesday night as U.S. President Barack Obama and Republican challenger Mitt Romney clashed over taxes and jobs.

After hundreds of campaign stops, \$500 million US in mostly negative ads and countless tit-for-tat attacks, Obama and Romney went head-to-head in a high-stakes TV showdown watched by millions.

Romney pointed to the weak U.S. economic recovery, arguing that Obama's policies have failed and he doesn't deserve another term.

"Going forward with the status quo is not going to cut it for the American people who are struggling today," Romney said in the Denver debate.

Obama accused Romney of wanting to "double down on the top-down policies" that led to the economic crash four years ago.

Romney denied that and said that under Obama's policies "middle-income families are being crushed."

Romney said he would repeal and replace regulations passed after the 2008 financial crisis.



The debate is over and it's time to forget the barbs. The Obama and Romney families talk in Denver Wednesday night. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Obama responded: "Does anyone think there is too much oversight and regulation of Wall Street?"

If so, he declared, "Gov. Romney is your candidate."

Obama said Romney's plan to reduce all tax rates by 20 per cent would cost \$5 trillion and benefit the wealthy at the expense of middle-income taxpayers.

Showing a real-time liveli-

ness that has largely eluded him through 18 months on the campaign trail, Romney brought the A-game nobody was quite sure he had.

Written off by much of the American media as a long-shot, Romney had everything to prove in this, the first of three debates that will sharpen a bitterly divided country as it enters the home-stretch to Nov. 6.

Obama, by contrast, played the debate with caution, maintaining a calm, professorial demeanour as he walked carefully through the policy weeds of the past four years.

The president's performance was that of a front-runner protecting a lead. And though judgment should be reserved until Americans themselves weigh in, the

broad sense of the tweeting commentariat was that Romney won on points.

Moderator Jim Lehrer led with a light touch, leaving the candidates ample room to roam across the full spectrum of front-line American issues, from economic growth to government regulation to debt and foreign affairs.

THE ASSOCIATED PRESS
AND TORSTAR NEWS SERVICE

Happy first family

Twenty is plenty? No way!

Forget about a date night.

U.S. President Barack Obama and wife Michelle marked their wedding anniversary with a debate.

Their 20th anniversary was Wednesday, the day of the first vital television debate.

"Go figure," the first lady said in a recent TV interview.

Obama said he and his wife have planned a belated celebration on Saturday.

The Obamas will at least spend their anniversary in the same city, a rarity as both are frequently in battleground states in the campaign's final weeks.

There was a quick moment of laughter during the debate when Obama referred to First Lady Michelle — who was in the audience — as "sweetie" and noted it was their 20th anniversary.

Romney added his best wishes.

Then he said to the First Couple, "I'm sure this is the most romantic place you could imagine, here with me."

THE ASSOCIATED PRESS

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Obama hoped to bring bin Laden to trial: New book

The Finish. Revelation could provide political fodder for Republicans as election approaches

A new book says President Barack Obama hoped to put Osama bin Laden on trial, showing the U.S. commitment to due process under law, if the al-Qaida leader had surrendered during a U.S. raid in Pakistan last year.

In *The Finish*, journalist Mark Bowden quotes the president as saying he thought he would be in a strong political position to argue in favour of giving bin Laden the full rights of a criminal defendant if bin Laden went on trial for masterminding the Sept. 11 attacks.

But Bowden, who also wrote *Black Hawk Down*, about the 1993 battle in Somalia in which 18 U.S. soldiers were killed, says

Obama expected bin Laden to go down fighting. A team of navy commandos, known as SEALs, raided bin Laden's compound in Abbottabad, Pakistan, in May 2011 and killed him.

The Finish is due to come out Oct. 16, a few weeks before the presidential election. The revelation that Obama hoped to capture bin Laden may provide political fodder for Republicans who have criticized the Obama administration for trying to bring terror suspects from Guantanamo Bay, Cuba, to trials in U.S. courts.

"Frankly, my belief was if we had captured him, that I would be in a pretty strong position, politically, here, to argue that displaying due process and rule of law would be our best weapon against al-Qaida, in preventing him from appearing as a martyr," Obama is quoted saying in an interview with Bowden. **THE ASSOCIATED PRESS**



President Barack Obama, Vice-President Joe Biden, Secretary of State Hillary Rodham Clinton and members of the national-security team watch an update on the mission against Osama bin Laden in the Situation Room of the White House on May 1, 2011. PETE SOUZA, THE WHITE HOUSE/AP PHOTO



Muslims open their doors to Berlin on Unity Day

Muslims participate in midday prayers at the Sehlik Mosque during open-house day for non-Muslims on German Unity Day (Tag der Deutschen Einheit) on October 3 in Berlin. Berlin has a large Muslim immigrant community, and many of the city's mosques open their doors to the public on the annual Unity Day. Tag der Deutschen Einheit marks the day in 1991 when West Germany and East Germany reunited following the end of the Cold War.

CARSTEN KOALL/GETTY IMAGES

Pussy Riot. Minister defends 2-year sentence

Russia's justice minister is defending a two-year prison sentence handed down to members of rock band Pussy Riot, rebuffing European Union concerns that the punishment was excessive.

Alexander Kononov says the sentence given to the three band members for hooliganism after they performed a "punk prayer" against President Vladimir Putin at Moscow's main cathedral is a "very subjective matter."

Kononov was responding Wednesday to EU Home Affairs Commissioner Cecilia Malmstrom, who repeated EU concerns that the sentence was disproportionate to a "peaceful expression of protest," even though it may have offended many people.

Kononov urged the EU to engage Russian authorities in dialogue instead of "coming up with a politicized assessment based on unverified information." **THE ASSOCIATED PRESS**

Morocco. Safe-abortion boat could be turned away

Moroccan authorities said Wednesday that a Dutch ship promoting legal abortions set to dock in Morocco is operating outside the law and could possibly be stopped before arriving at a northern Mediterranean port.

The Dutch ship, which promotes safe and legal abortions worldwide, was invited by a Moroccan women's group to raise awareness in the struggle to legalize abortions, which are not allowed in the con-

servative Muslim country. It is scheduled to arrive at the port of Smir on Thursday.

It would be the "Women on Waves" boat's first landfall in a Muslim country.

"We haven't been informed about the arrival of this boat from a security standpoint. It's a boat we don't know or why it is coming, so I don't see what we can do," Minister of Interior Mohend Laenser told The Associated Press.

THE ASSOCIATED PRESS

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Monarchy adversary dies before becoming a Canadian citizen

Dream unfulfilled.

Toronto lawyer Charles Roach crusaded for change to citizenship requirements

A man who refused to take the oath of citizenship because of his opposition to the monarchy has died with his decades-long dream of becoming a Canadian unfulfilled.

Toronto civil-rights lawyer Charles Roach, who immigrated from Trinidad and Tobago more than half a century ago, died Tuesday after a long battle with brain cancer. He was 79.

Roach had fought to change the country's citizenship requirements to allow people to swear an oath to Canada instead of the throne, which he said represented a legacy of oppression, imperialism and racism.

A New Democrat MP is now calling on Ottawa to make Roach, who was a prominent



Charles Roach THE CANADIAN PRESS

community activist, a Canadian citizen posthumously.

In a statement Wednesday to the House of Commons, Andrew Cash urged the government to honour Roach with the status.

"People may not agree with the views that Mr. Roach expressed around this issue, but I think you can disagree and still respect the man and his contributions," the Toronto MP said in an interview from Ottawa.

Cash said he tried asking Immigration Minister Jason Kenney last week to fulfil

Roach's dying wish to become a Canadian citizen by pledging allegiance to Canada, instead of the monarchy.

But Immigration Canada quickly shut the door on any chance that Roach would be given his citizenship after death.

"There is no provision under the Citizenship Act for the Minister of Citizenship and Immigration to grant citizenship posthumously," a departmental spokesman wrote in an email Wednesday.

A close friend and colleague, Peter Rosenthal, said Roach's desire to become a Canadian citizen was extremely important to him, but his conscience wouldn't allow him to swear allegiance to the Queen.

Roach initiated the first of several court challenges to remove the royal reference from the oath in the 1990s. His latest legal battle will continue after his death because there are other applicants, said Rosenthal.

THE CANADIAN PRESS



Demanding a gun-control plan

New York Mayor Michael Bloomberg, second from left, meets with Aurora shooting survivor Stephen Barton, right, at New York City Hall on Wednesday. Barton, who was shot in the face and neck during the shooting last July that killed a dozen people and wounded 60 in Aurora, Colo., now appears in a national "Demand a Plan" ad campaign urging politicians to make gun control a major priority. The ad is sponsored by Mayors Against Illegal Guns, which was co-founded by Bloomberg. JOHN MOORE/GETTY IMAGES

New Brunswick. More than 3,000 moose killed during record hunt

New Brunswick hunters killed 3,556 moose during last week's three-day moose season.

Natural Resources Minister Bruce Northrup says that's a

record for the annual hunt. He says the figure is up by 44 per cent from last fall, mainly due to an increase in the number of licences made available.

There were more than 4,700 licensed hunters for the Sept. 27-29 hunt, with about 75 per cent successful in getting a moose. THE CANADIAN PRESS



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Leaked papers. Pope's docs found in butler's home: Vatican cops

Vatican police said Wednesday they found thousands of documents hidden inside the home of Pope Benedict XVI's former butler, including original documents signed by the Pope bearing indications they should be destroyed.

The police officers testified in the trial of Paolo Gabriele, the Pope's once-trusted butler who faces four years in prison if convicted of aggravated theft for allegedly stealing papal documents and leaking them.

Prosecutors have said Gabriele, a devout 46-year-old father of three, confessed to leaking copies of the documents to journalist Gianluigi Nuzzi because he wanted to expose the "evil and corruption" in the church to help put it back on the right path.

The documents have ignited an uproar, for they revealed infighting and alleged corruption in the Vatican as the Pope grows older and more frail.

The security breach has been one of the most damaging scandals of Benedict's seven-year papacy.

Gabriele said he stood



In this file photo taken in May, Pope Benedict XVI, with his butler Paolo Gabriele, delivers his blessing at St. Peter's square. THE ASSOCIATED PRESS

by his confession and acknowledged he betrayed the Pope's trust, but he nevertheless pleaded innocent to the charge of aggravated theft.

The final four witnesses in the trial were heard Wednesday, and closing arguments are set for Saturday, when a verdict by the three-judge Vatican panel is expected.

THE ASSOCIATED PRESS

Protester pulled from perch on St. Peter's



Italian businessman Marcello De Finizio as he protests on St. Peter's dome on Wednesday. THE ASSOCIATED PRESS

Economic reforms. Italian businessman protesting latest austerity measures atop basilica pulled inside by firefighters

An Italian man gave up his protest atop the St. Peter's Basilica after more than 24 hours perched on the 130-metre-high dome to demonstrate against government reforms.

The man, identified as Marcello De Finizio, the owner of a beach-front concession and restaurant in the northern city of Trieste, climbed up Tuesday evening.

Protest

"I am not a crazy man who wants to kill himself."

Marcello De Finizio, businessman to Sky24 by cellphone from his perch, explaining he is protesting, not suicidal

Two firefighters helped pull De Finizio inside the basilica on Wednesday evening, a full day after he eluded Vatican security to scale the dome.

In a surreal contrast, Pope Benedict XVI's regular papal audience — which draws tens of thousands of pilgrims on Wednesdays — went on as scheduled despite the protest taking place on the dome above.

De Finizio put up a banner saying "Help! Enough Monti!" — referring to President Mario Monti, the architect of Italy's economic reforms.

Italian media said he had spent three nights on a 70-metre-tall metal structure in Trieste earlier this year in a similar anti-reform protest.

De Finizio, who reportedly lost his restaurant in a fire and has struggled to get a loan to rebuild, has received moral support from other concession owners, who issued a statement saying they shared his "uncertainty about the future."

THE ASSOCIATED PRESS

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Together they are stronger: Elders Archbishop Desmond Tutu and Mary Robinson, former president of Ireland, lend their support to Youngers. CONTRIBUTED/JEFF MOORE/THE ELDERS

Where spirit meets action

Double vision. A super team of young activists and senior public figures are aiming at nothing less than saving the world



ELISABETH BRAW
Metro World News in London

It's like Space Cowboys in the real world, with aging heroes returning to save the Earth.

Meet the Elders, a group of senior public figures whose stated purpose is to work, with "an independent voice,

not bound by the interests of any nation, government or institution," for peace and human rights.

That mission can be controversial, as the Elders insist on listening to all sides in a conflict and speaking "difficult truths." Indeed, while Nelson Mandela's wife, Graca Machel, promotes an end to child marriage, former U.S. president Jimmy Carter and Mary Robinson, former president of Ireland, have visited North Korea to broker a peace deal with South Korea.

But when Mandela inspired Virgin Mobile founder Sir Richard Branson to help him launch a network of distinguished politicians, the

Young at heart

"Young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

Archbishop Desmond Tutu, chairman of the Elders



legendary South African was almost 90. Branson named the new group the Elders. And now they're adding a youth division: The Youngers.

"The major barrier young people have is a lack of belief in youth held by those in power. They feel they have the monopoly of knowledge," says Esther Agbarakwe, a

28-year-old Younger from Nigeria. "There are emerging global civil-society networks working on sustainability that create greater pressure from the bottom up," adds Marvin Nala, 23, a Chinese Younger.

More than mentoring, what young leaders need most is support and a listen-

ing ear, says Katy Cronin, chief operating officer of the Elders. "Elders give The Youngers recognition. They're very talented young people, but they often feel that people don't listen. The Elders listen to them and give them confidence."

The Elders now include Archbishop Desmond Tutu and former world leaders such as Carter and Brazil's Fernando Cardoso. Tutu serves as the group's chairman, while Mandela has retired.

"My fellow Elders and I often travel to places of deep unrest and suffering, but we always find wonderfully bright, inspiring young people who fill us with hope,"

Tutu says. "Five years ago, when he founded the Elders, Nelson Mandela told us to reach out to the youth and that is precisely why — young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

The Elders have helped negotiate between the Koreans, in the Middle East, Cote d'Ivoire, Sri Lanka and Sudan. Elder statesman Lakhdar Brahimi of Algeria has just been appointed UN peace envoy to Syria.

"The Elders demonstrated their faith in young people and told the world that youth matters," Agbarakwe says.



Esther Agbarakwe CONTRIBUTED

Case study. 'We need to lift people out of poverty'

Esther Agbarakwe of Nigeria, also known as "Esther Climate," has travelled all over Africa leading environmental initiatives, and has served as the continent's co-coordinator for the UN Commission on Sustainable Development.

As a Younger, she has drawn inspiration from Elders Mary Robinson and Archbishop Desmond Tutu. "I was really honoured to be involved and have the influence

to make changes," she says. Agbarakwe feels development has been held back by the "extreme politics and corruption" of African leaders.

"My greatest ambition is to support development that leads to environmentally sustainable growth in Nigeria, lifting people out of poverty and empowering them to hold government accountable."

KIERON MONKS/METRO WORLD NEWS



Martin Nala CONTRIBUTED

Case study. 'Youth have enormous power'

A volunteer litter-picker at the age of 10, Younger Martin Nala has devoted himself to grassroots activism on issues ranging from HIV to sustainability. He led a youth team to the Rio+20 summit.

"The result of Rio+20 is, for sure, depressing regarding nations' co-operation and international regime-building. But on the other side, I saw more energy from grassroots," he says.

Nala is determined to bring sustainability to his homeland of China and believes young leaders will make a difference.

"Youth brought up in cities may not be aware of how serious the problems are at this very moment," he says, pointing to the issue of air quality as an example. "If they see it, they have enormous power to change it."

KIERON MONKS/METRO WORLD NEWS

Crackdowns launched in Iran as currency plunges

Public anger. Nuclear sanctions thought to have played a role as rial spirals down

Police threatened merchants who closed their shops in Tehran's main bazaar and launched crackdowns on sidewalk money changers on Wednesday as part of a push to halt the plunge of Iran's currency, which has shed more than a third its value in less than a week.

The measures underscore a concern by officials facing one of the most destabilizing scenarios, which has been partly blamed on the fallout from Western sanctions over Tehran's nuclear program.

Public anger has mounted over a combination of a falling currency and rising prices, which have put staples like chicken and lamb out of reach of many low-income Iranians.

The shrinking rial also has



The bazaar in Tehran in July. Iran has launched crackdowns on street money changers to halt the plunge of their currency. VAHID SALEMI/THE ASSOCIATED PRESS

rekindled bitter political feuds between President Ahmadinejad and his rivals, who claim the crisis has also been fed by misguided monetary policies. Iran's rial hit a record low of

35,500 against the U.S. dollar Tuesday in the widely followed street-trading rate. It was about 24,000 a week ago and 10,000 to \$1 U.S. in 2011. THE ASSOCIATED PRESS

French anti-terrorism laws to be expanded

A new anti-terrorism bill unveiled by France's government Wednesday would expand already tough laws and seek to deter people from travelling abroad to train at terror camps, and is designed to prevent a repeat of an attack during which a French Islamist killed seven people.

In March, a young French radical Mohamed Merah killed three Jewish children, a rabbi and three paratroopers over eight days before he died in a standoff with police. Merah claimed links

to al-Qaida and said he had received training at an Islamist paramilitary camp in Pakistan.

The bill would give new power to France's already-strong legal arsenal to fight terrorism by allowing authorities to bring to justice anyone who attends foreign training camps, even before they can strike at home.

This measure "will let us pursue people who are going to terrorism training camps abroad, even if they haven't committed any crimes on

French soil," government spokeswoman Najat Vallaud-Belkacem said.

Current law only allows prosecution of French nationals if crimes that they commit abroad are penalized in the same way as in France, and if foreign authorities point out the crimes by French people, though exceptions exist.

President Francois Hollande told ministers he hopes that parliament will take up the bill before year-end, said Belkacem,

THE ASSOCIATED PRESS

NATO convenes

Turkey retaliates against Syria

Turkish artillery fired on Syrian targets Wednesday after shelling from Syria struck a border village in Turkey, killing five civilians, sharply escalating tensions between the two neighbours. The situation prompted NATO to convene an emergency meeting.

The Syria shelling appeared to come from forces loyal to Syrian President Assad's regime.

THE ASSOCIATED PRESS

Two shot

U.S. border guard killed in shooting

Investigators were scouring a rugged area Wednesday near the U.S.-Mexico border for evidence in the fatal shooting of a Border Patrol agent, the first since 2010.

Nicholas Ivie and a colleague were on patrol in the Arizona desert when gunfire broke out Tuesday. Ivie, 30, was killed. The other agent was shot but was released from a hospital Wednesday.

THE ASSOCIATED PRESS

U.S. & Britain

Terror suspect fights extradition

The lawyer for a terror suspect wanted by the U.S. said Wednesday his client is too depressed and unhealthy to extradite.

Alun Jones told judges at London's High Court that extremist cleric Abu Hamza al-Masri is suffering from clinical depression, inability to concentrate and short-term memory loss. He says his client should not be extradited to the States. THE ASSOCIATED PRESS



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It's wrong to divide Canada over resources: Trudeau

Liberal leadership race. Younger Trudeau appears to distance himself from father in his campaign to take over the Alberta over national energy program

Justin Trudeau appeared to distance himself from his famous father as he made Alberta the first stop on his campaign to take over the federal Liberal party.

Trudeau chose Calgary, home to the country's energy-company boardrooms, to say he would never use the wealth of the West to gain votes elsewhere. He said it is wrong to divide Canadians over natural resources.

It's a particularly sensitive issue in a province where resentment still burns over the introduction of the national energy program in the 1980s by Pierre Trudeau, who was prime minister at the time. That was seen as a grab of Alberta's natural-resource wealth to keep prices artificially low for the rest of the country.

Quoted

"It is time to be more honest with ourselves. There is not a country in the world that would find 170 billion barrels of oil and leave it in the ground."

Justin Trudeau

"It is wrong to use our natural wealth to divide Canadians against one another," he said. "It was the wrong way to govern Canada in the past. It is wrong today. And it will be wrong in the future."

He didn't mention his father by name during his speech. But later he told reporters he is proud of him and the values for which he stood.

"But I am here to try and challenge a whole new set of realities and to try to bring a whole new generation of Canadians forward to the 21st century." He pointed out that he had "nothing to do with the national energy program. I was 10 years old."

THE CANADIAN PRESS



Federal Liberal leadership candidate Justin Trudeau speaks to an Edmonton Oilers fan at a seniors centre in Calgary on Wednesday.

JEFF MCINTOSH/THE CANADIAN PRESS

Tainted beef. MPs hold emergency debate on widening product recall

Members of Parliament lingered into the evening Wednesday for an emergency debate about what's being billed as one of the largest food recalls in Canadian history.

Speaker Andrew Scheer agreed to a call by NDP and Liberal MPs for a special debate on the massive recall of tainted beef from an Alberta packing plant operated by XL Foods.

The government's critics wasted no time in pointing the finger of blame directly at the Conservatives, who have insisted in recent days that forthcoming new legislation will help to buttress Canadian food safety measures.

Liberal MP Frank Valeriote

called on the government to order a third-party audit of the resources the Canadian Food Inspection Agency needs to do its job.

"We have some of the finest inspectors in the world, but they are hamstrung by a lack of resources, leaving them incapable of performing necessary functions of their jobs," he said.

Earlier in the day, CFIA admitted there was a delay getting information on tainted meat from the XL plant. E. coli was first detected at the plant on Sept. 4, but it wasn't until 12 days later that CFIA began recalling some of its beef products.

THE CANADIAN PRESS

XL Foods

Lawsuit alleges profit over safety

A lawsuit alleges the Alberta company involved in a massive national beef recall knew it had poor quality-control systems and that it put profits above the safety of consumers.

The statement of claim against XL Foods Inc. has not been proven in court and a judge will determine if it may proceed as a class-action lawsuit.

Matthew Harrison, an Edmonton man who got sick from E. coli after eating a steak on Sept. 5, is named as the lead plaintiff in the suit. THE CANADIAN PRESS

HRM
ELECTIONS

Important Notice to Electors: District 4, Cole Harbour-Westphal

Following the decision of the Supreme Court of Nova Scotia on October 2, 2012, voters are advised that there will be **THREE (3) official candidates** running for the Office of Councillor, District 4, Cole Harbour-Westphal, in the upcoming municipal and school board elections.

Official Candidates for Councillor: District 4, Cole Harbour-Westphal

All ballots presented, electronically and in person, for councillor in District 4, Cole Harbour-Westphal, will contain THREE (3) candidates.

Voters may vote for ONE of the following:

- Angela Jones
- Lorelei Nicoll
- Barry A. Smith

All other races and offices in the upcoming election are not affected by this change.

A Reminder to All Voters

Advanced electronic voting, by internet and telephone, begins at 8:00 a.m. on Saturday, October 6, 2012 and ends at 7:00 p.m. on Thursday, October 18, 2012. Voting instructions can be found on your voter notification letter.

If you are not on the voters list or have not received your **voter notification letter**, you can still vote by appearing in person with ID at any one of the **voter registration locations** throughout HRM. Locations and times can be found at: halifax.ca/election/VoterRegistration

Voters can also vote in person on Saturday, October 20, 2012 at the poll location outlined in your voter notification letter. Poll locations can also be found online at: halifax.ca/election or call the voter help line at 490-8683 or toll-free at 1-888-820-8683 or TDD at 1-866-236-0020.

Declared this 3rd day of October 2012
Cathy J. Mellett, HRM Returning Officer

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Fashion. Saving lives. The two can be polar opposites, but upscale label Maiyet hopes you fall in love with their designs first, then continue to purchase them because of their mission to help local artisans sustain their own businesses.

"What we don't do is produce pity products," co-founder Paul van Zyl explains to Metro. "We design products that people will wear regardless of the cause."

Maiyet scouts rare and unique artisanal items from around the world — like hand-woven cloth from Varanasi, India and hand-carved bone from Kenya — to use in their products.

Then they use part of their profits to fund training programs to educate craftsmen on how to make better quality products, and how to use their business to provide a stable source of income for their communities.

They also front the money to produce the goods so artisans don't have to be stuck in high-interest loans. All of that is on top of making sure that people get paid fair wages.

Van Zyl's background doesn't exactly scream Carrie Bradshaw: He is the former executive secretary of South Africa's post-apartheid Truth and Reconciliation Commission and he



Maiyet's clothing prioritizes their global artisans. CONTRIBUTED

never really worked in the fashion industry.

What drew him to the project was the idea that people don't have to choose between doing well in business and doing good for the world.

Van Zyl says the economic crisis has made people realize that there must be

a better way to run their companies, and he believes strongly that there is a way for moral markets to exist.

"We believe in trade and aid, not trade versus aid," he explained. "We want these companies to be small and sustainable and to make beautiful products."

METRO WORLD NEWS

They say:

"What we don't do is produce pity products. We design products that people will wear regardless of the cause."

Maiyet co-founder Paul van Zyl

Screw school as usual. The Khan Academy

With 186 million views — more than Justin Bieber — the latest viral YouTube smash features ... school lessons about math, computer science and the Greek debt crisis? Yup, thanks to Salman Khan.

In 2004, Khan was a hedge fund manager tutoring his long-distance cousins with web videos. "They told me they preferred me on YouTube than in person," is Khan's catchphrase, a self-deprecating remark that's the key to his charm. The idea snowballed.

Eight years later, Khan Academy offers a combina-

tion of tutorial videos and an online classroom for the community to talk through their questions. The courses, which range from algebra to art history, are offered 24-hours a day to anyone — student, teachers and parents.

Reinventing school does not come cheap. "Obviously it costs millions of dollars — about the budget of a medium-sized high school," Khan says to Metro World News. Khan Academy keeps costs low for the consumer and provides something better than a monetary return — a social return.

METRO WORLD NEWS

Screw soccer as usual. The Homeless World Cup

It started with a chat between colleagues Mel Young and Harald Schmied in a Cape Town bar, discussing ways to bring attention to homelessness.

"Soccer is the 'universal language' that brings people together, wherever they are," says Young. "It is cheap and easy to organize and great fun for everyone — of all ages and abilities. It is also a team game, and is good for health and fitness. Soccer can have a huge impact on people but all sports have the power to change people's lives."

Today, their Homeless

World Cup has 73 national partners who organize programs to help a variety of people including the homeless, people who are struggling with drug and alcohol addiction and those with HIV/AIDS.

All participate in the annual Homeless World Cup tournament, which will take place in Mexico City Oct. 6 through 14 this year.

For Young, what keeps him going is a pragmatic attitude that actions speak louder than words.

METRO WORLD NEWS

Border-hopping for cheap flights

A new report finds that a soaring number of jet-setting Canadians are border-hopping to catch cheaper flights.

The Conference Board of Canada report, issued Wednesday, said that about five million Canadians now cross the U.S. border by land every year to fly out of American airports.

Higher airfares, fees and taxes in Canada, as well as differences in wages, aircraft prices and industry productivity makes it 30 per cent cheaper to fly out of the U.S. The Conference Board says fees and taxes make up about 40 per cent of the cost of a ticket in Canada.


The report suggests that


while other factors are beyond government control, small reductions in the airfare differential could lead to traffic gains for Canadian airports and carriers. It estimates that changes to Canadian policies alone could bring more than two million passengers a year back to Canadian airports.

Finance Minister Jim Flaherty said Wednesday that Ottawa is "concerned" about the issue and that federal Transport Minister Denis Lebel "has been working on a consultation project with the airlines, with the airport authorities in Canada to try to see what we can accomplish." THE CANADIAN PRESS


Market Minute

 **DOLLAR**
101.20¢
(-0.40¢)

 **TSX**
12,359.47 (-31.76)

 **OIL**
\$88.14 US (-\$3.75)

Natural gas: \$3.395 (-13.6¢)
Dow Jones: 13,494.61 (+12.25)

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FANCY RESTAURANTS? STICK A FORK IN ME, I'M DONE



HE SAYS...
John Mazerolle
metronews.ca

So I was at a fancy restaurant recently, which, given my lack of kitchen skills, is a bit like Patrick Stewart at a hair salon or Gandhi going out to play paintball.

A lot of culi-narys like me eat at restaurants, but rarely has the contrast been this extreme.

On the one hand, you had me: The worst cook in the world, topping out in creativity with my piece de resistance bacon and eggs (now with toast!).

Dressing a part, if not the part

"I needn't have worried. The first good sign was that there was no dress code. Given my hiking boots and jeans I assumed they'd say, 'Good evening sir, the loading doors are out back. We fill the dumpster at about 11:15.'"

Understand that my childhood eating experiences were centred around meals like soggy fish sticks and Grade "Needs Remedial Help" beef.

I eat at lots of restaurants now, it's true, but I still felt like there was potential for embarrassment at such a classy joint. Maybe I'd do the wrong thing and everybody would freeze.

"Gasp! He's using the dessert fork for the appetizer!"

"My. God. Toss him?"

"No. But let's change the meal to a bowl of Kraft Dinner and a pat on the head."

I needn't have worried. The first good sign was that there was no dress code. Given my hiking boots and jeans I assumed they'd say, "Good evening sir, the loading doors are out back. We fill the dumpster at about 11:15."

Instead, they led me to my table and were very patient with me as they explained each of the 15 courses.

Server: Did you enjoy your emmer and spelt, sir?

Me: Maybe?

Server: You're doing fine, sir.

Me: I think I ate my napkin.

Server: Very good.

If I had eaten my napkin, you can bet they would have come running with a new one. That was a perk I learned quickly: Finish a drink, they refill it. Done with a fork, here comes a new fork. I was alone, but if I had a date with me I might have knocked her from her chair just to see if they'd immediately plunk down a new one.

So the service was fantastic, and the food was great, too.

I came away inspired and planned to change my personal cooking habits. From now on, whenever I eat a strip of bacon I will immediately replace it with another strip of bacon and so on in that fashion. The Bocuse d'Or is mine.



In order to climb the ranks in the restaurant biz — refill, refill, refill.

JOHN MAZEROLLE/METRO

Bite-size meal for a beast



CAMERON SPENCER/GETTY IMAGES

Sydney, Australia

Croc wakes up to a beefy breakfast

Rex, one of the world's largest crocodiles, feasts on beef ribs after waking up from his lengthy slumber.

It's the first meal after three months of hibernation for the five-metre, 700-kilogram saltwater crocodile, who resides at Wild Life Sydney Zoo. Keepers Wednesday lowered the food from a safe distance to avoid being part of the meal themselves. **METRO**

Crocodile digestion

They need plenty of sun in order to eat

Body temperature is the key reason why crocs feast between long intervals.

"As crocodiles are cold-blooded creatures, they need sunlight to give them the energy they need for metabolism, in order to digest their prey items," crocodile specialist Shaun Foggett told Metro.

Saltwater crocodiles are one of the few predators that consider humans to be a prey item. **METRO**

Saltwater crocs

- **Size.** Largest living crocodilian — specimens at 1,000 kilograms (2,200 pounds) are not uncommon.
- **Speed.** Can swim at 40 km/h and can travel 32 km/h on land. "Their speed is the most astonishing thing about them," Foggett said.



Register at metropolitanpanel.ca and take the quick poll

Do you fear a looming bacon shortage?

57%
SOMEWHAT, I CAN GET USED TO TURKEY BACON.



14%
NO, PIGS ARE PETS, NOT FOOD.



29%
YES, WHAT WILL I PUT ON MY BURGERS, PIZZAS AND PANCAKES?



Twitter

@n8dogg73:

@hfxtransit Did my good deed for the day. I helped 2 young mothers on the bus with their strollers. Got on the bus for free. #Halifax #Karma

@evilpez4:

Maritime Fall Fair Fact: Hatfield Farm petting zoo staff will not allow you to feed Stove Top to their donkey. #Halifax

@HalifaxHabs:

Who the hell thought it would be a good idea to have road construction done at 8am? #Halifax

@Mackinnong:

Excited to check out the @Rap-tors here in Halifax.

@HaliforniaLove:

Dressed for fall. Walked into summer. Sweating like a fat kid walking around #Halifax today.

West Coast's Hey Ocean! bring new sound cross-country

IS. New album takes Vancouver-based indie-pop darlings in a different direction



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

Finding the line between “you can’t please everybody” and remaining creatively stagnant is something that Hey Ocean!’s David Beckingham hopes to have achieved with their most recent album, *IS*.

Formed in 2005 in Vancouver, these indie-pop darlings created free-feeling, acoustic music befitting of the groove of their West Coast audiences.

“We’ve been influenced by the bands around us in the Vancouver scene who we really respect,” said guitarist and vocalist Beckingham.

Throughout the years Hey Ocean! has touched on jam-band, leaned into reggae, and incorporated worldly melodic influences.

Beckingham is pleased that the depth of sound has grown in tandem with the band members.

“Being true (to yourself) is ever-changing as an artist,” he said.

“If not, you get bored with yourself and other people would get bored with you.”

As Halifax fans will hear Friday night at Michael’s Bar and Grill, their latest album, *IS*, takes the band into another direction.

The first release under their new Universal contract, this heavily pop-inspired album is a far cry from the guitar string picking days of yore.

Quick to defend this latest offering, Beckingham is adamant that the band main-



Hey Ocean! are currently touring across the Maritimes. SUBMITTED

This above all

‘At the end of the day you can’t do it for everyone else — you do it because you want to create it. It’s you.’

Hey Ocean! lead David Beckingham, on potential negative reactions from old fans to the band’s new sound

tained full creative control.

“We wanted to make a pop record and not be afraid to use what we could in the studio,”

he said.

“It was deliberate to do more of a studio album and we actually ended up produ-

cing it ourselves and learned a lot.”

Perhaps not on the same controversy level as Dylan’s Newport set of ’65, but Beckingham knows some fans will reject this new direction.

“But at the end of the day you can’t do it for everyone else — you do it because you want to create it. It’s you. You should do what you want to do — not what others think you should do.”

Details

- Hey Ocean! with The Zolas and The Lucy Grays goes Friday at Michael’s Bar and Grill at 10 p.m.
- Tickets are \$12 in advance through ticketpro.ca and \$15 at the door.

2 SCENE

On the web



Qrikel

Sweden to open museum showcasing career of ’70s pop group ABBA



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BEING BRANSON

THE MANY FACES OF THE VIRGIN MAGNATE

“Like a virgin, touched for the very first time.” OK, it’s a Madonna hit — but Sir Richard Branson comes to mind whenever you hear the word ‘virgin.’ Today, Branson’s group, which runs some 400-plus companies in areas from mobile telephones and travel to music and health services, has more than 50,000 employees and annual revenues of around \$21 billion US.

An iconoclast and adventurer, he is also deeply involved in non-business activities. Meet the other Bransons.

ELISABETH BRAW
elisabeth.braw@metro.ia



ILLUSTRATIONS: MIA KORAB/METRO WORLD NEWS

Disarmament: Let's get rid of that old junk and save money

Twenty years ago, the United States and Russia had thousands of nuclear weapons each.

The arsenal was called MAD, Mutually Assured Destruction, because they could easily annihilate the world many times over.

Today, the world's nuclear powers — the U.S., Russia, Britain, France, China and unofficial nuclear countries like India and Pakistan — still have hundreds of nuclear warheads.

That's enough to destroy the world many times over, and these weapons cost more than \$1 billion US per decade.

As a result, Sir Richard Branson

He says

“Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems.”

Sir Richard Branson

and some 300 world leaders have formed Global Zero, a global organization that advocates eliminating all the world's nuclear weapons.

“From a deterrent point of view, a country only needs 300 nuclear weapons,” Branson told Metro earlier this year.

“Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems.”

That's because maintaining the current nuclear stockpile is hugely expensive: The total cost to official and unofficial nuclear weapons states is expected to surpass \$1 trillion US in the next decade, according to a study released by Global Zero.

Global Zero now also has some 400,000 members worldwide.

The Elders: working for peace

They're old — and cool.

When Nelson Mandela retired as President of South Africa, he wanted to use his stature to help solve conflicts around the world. He turned to Branson, who agreed to co-found and fund The Elders.

And The Elders are just that: older statesmen whose reputation allow them to crisscross the world and help solve disputes.

Mandela has since been joined by, among others, his old friend Archbishop Desmond Tutu, Graca Machel (Mandela's wife, who has a long political career in her native Mozambique)

and former U.S. president Jimmy Carter.

The Elders fill a unique need in international politics as there's no institution or organization to which parties in conflict can turn.

The United Nations appoints envoys, but their missions are official and subject to pressures from UN member states. The Elders go in a private capacity.

And after missions to the Koreas, Middle East, Cyprus and Sri Lanka, The Elders have gained the top players' attention: Lakhdar Brahimi, one of The Elders, has just been appointed UN envoy to Syria.

Space exploration: The sky is no longer the limit

The state of New Mexico hosts a novel installation: a spaceport. Starting next year, space tourists willing to pay \$200,000 US will be able to blast off from Spaceport America on a Virgin Galactic spacecraft. They'll spend two and a half hours in space and five minutes in weightlessness.

Branson says his flights are not frivolous — scientists will use the flights to carry out research on the ozone layer and NASA will rent space on flights.

His quote

"I know there are literally thousands of people who would love to go to space, to be able to look out the window, to marvel at the beautiful Earth."

Sir Richard Branson
told AFP news agency

Legalizing drugs: Follow Portugal's example

Take a look at Mexico: between January and September last year, nearly 13,000 Mexicans were killed in drug-related violence. Since the country's government launched its war on drugs six years ago, nearly 48,000 people have been killed.

More than 50,000 troops and policemen are involved in the war against drugs — and that's just in Mexico.

Each year, some \$13 billion US worth of drugs are smuggled from South America to the United States.

Combating drugs, argues Branson and others, is a waste of time and money.

Online

For more on Branson's push for decriminalizing drugs, click on metronews.ca.



Earlier this year, he testified to the British Parliament about the benefits of decriminalizing drug use, noting that countries like Portugal, which have decriminalized drug use, have seen a drop in both the number of drug addicts and the amount of drug-related crime.

In fact, Branson joins a

growing chorus of voices in favour of softer drug legislation. Together with global leaders like Peruvian writer Mario Vargas Llosa and Ernesto Zedillo, former president of Mexico, he has formed the Global Commission on Drug Policy, which supports softer drug legislation.



Humanitarianism: It's up to businesses

OK, Branson surfs for fun, but he's also developed a knack for performing publicity stunts for good causes. A good cause, he argues, is often good business.

The boundaries between work and purpose are merging into one, he writes in his new book, *Screw Business As Usual*.

Branson names his concept

Capitalism 24902. (The name refers to the circumference of the globe.)

"Every single business person has responsibility for taking care of the people and the planet that make up our global village," he writes.

Curing disease may be the most daunting task facing the

business person who wants to save the planet.

In Britain, Branson thought up the Virgin Health Bank, where parents can store their children's stem cells.

"These cells could be used to treat a wide range of other conditions, from heart disease to diabetes, in the future," he says.

Music: The king maker

In the '60s and '70s, he started selling records while running a magazine. Virgin's first release was Tubular Bells by Mike Oldfield (1973), a chart-topper that led to deals with the Sex Pistols, Culture Club and many more. He sold Virgin Records to EMI in 1992 for \$1 billion US.

Quoted

"The music industry can make people rich beyond their dreams..."

Sir Richard Branson
Losing My Virginity: The Autobiography

Environment: Deal with problems in an entrepreneurial spirit

Celebrities like to travel to Necker Island, Branson's island in the Virgin Islands.

But Branson has smaller friends on his island too — ring-tailed lemurs, an endangered species from Madagascar that Branson has imported to his island in an attempt to save the animals.

Branson has larger environmental ambitions, too, and not just out of a desire to save the Earth.

"We have to deal with environmental problems in an entrepreneurial spirit," he told Metro earlier this year.

"For example, Virgin's

new aviation fuel uses waste from steel mills. Millions of jobs could be created worldwide by greening our cities. The environment would benefit, the cities would benefit, regular people would benefit, and it would stop money pouring out to the Middle East."

Branson has pledged to donate all his aviation businesses' profits to the development of alternative fuels.

His new Carbon War Room, in turn, encourages entrepreneurs and venture capitalists to come up with solutions to global warming.

2012 KILLAM LECTURES

Novel Insights into the Future of Human Health

Why discovering medicines without patenting makes scientific and economic sense

7PM WEDNESDAY, OCTOBER 10TH, 2012

DR. ALED EDWARDS Chief Executive, Structural Genomics Consortium
THEATRE A Sir Charles Tupper Bldg., 5850 College St., Dalhousie University

Molecular pharmacology of cardiac ion channels: disease-associated mutations and patient-specific genetics

7PM MONDAY, OCTOBER 15TH, 2012

DR. ROBERT KASS Vice Dean of Research, Columbia University Medical Center
THEATRE A Sir Charles Tupper Bldg., 5850 College St., Dalhousie University

Canadian geneticists collaborate to help children with rare diseases

7PM WEDNESDAY, OCTOBER 24TH, 2012

DR. KYM BOYCOTT Associate Prof, Dept of Pediatrics, University of Ottawa
THEATRE A Sir Charles Tupper Bldg., 5850 College St., Dalhousie University

Ageing and its curious connection with disease

7PM FRIDAY, OCTOBER 26TH, 2012

DR. TOM KIRKWOOD Associate Dean for Ageing, Newcastle University
THEATRE B Sir Charles Tupper Bldg., 5850 College St., Dalhousie University

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Kate Middleton. ALL PHOTOS GETTY IMAGES

Royal family fears more Middleton pictures to come

The British royal family's latest headache is apparently far from over, despite their victory in court against a French magazine that published topless photos of Kate Middleton.

There are apparently more photos — and possibly even a video — from their French vacation, and the latest also reportedly feature Prince William himself.

"Newspaper pictures editor tell me there are as many as 270 pictures being hawked around, which feature both the Duchess

Quote

"There are as many as 270 pictures being hawked around."

Willard Foxton
On photos of the Royals floating around

and Prince William naked," says the Telegraph's Willard Foxton. "Only 24 have appeared thus far. The Palace's nightmare is that the pictures are stills from a video."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Arnold's new memoir full of some choice quotes



THE WORD
Dorothy Robinson
scene@metronews.ca



Arnold Schwarzenegger

Arnold Schwarzenegger's new memoir, *Total Recall: My Unbelievably True Life Story*, is 640 pages of straight-up boasting by the former bodybuilder-turned-movie-star-turned-governor.

Oh, his ego. It truly is unbelievable. Metro compiled the best, non-humblebrags from the book.

When he first started dating Maria:

"The outside world looked at our relationship in a simpleminded way, as a juicy success story. 'Isn't it amazing that he wins Mr. Olympia and all these bodybuilding championships and then he gets this big movie contract and then gets a Kennedy as his girlfriend?'"

When he first met his future mother-in-law, Eunice Kennedy:

"The first words I blurted out were, 'Your daughter has a great ass.' I always loved to say outrageous things to people."

On their rehearsal dinner:

"The toasts on Maria's side were about her and how great she is and how I'd benefit from being her husband. From my side it was the opposite. What a great guy and perfect human being I am, and how she'd benefit from that."

On justifying cheating on Maria before they were hitched:

"The fling with Brigitte Nielsen underlined what I already knew. I wanted Maria to be my wife."

His take on acting:

"Compared to being an action hero, it was a lot easier to be a comic star."

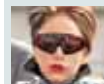
Amazing Arnold quotes taken out of context:

"Doing battle with a giant mechanical snake left me sore for a week."

"Jewish people have played such keys roles in my life."

"There was something comical about seeing two black people accusing each other of being black. We laughed about it later."

Twitter



@ladygaga

I feel like I'm staring at my album on the floor in hundreds of trimmings, to be sewn into a couture gown. In beautiful pieces, she is.



@JohnCleese

Just sitting down to start my autobiography. Problem is... remembering any of it ...



@PaulaAbdul

Awwww! I missed you too! xoxoP



@ConanOBrien

Starting a 3-day juice cleanse by dunking my cheeseburger in juice.



Rihanna

Rihanna continues reconciliation with Chris Brown

It looks like Rihanna just can't keep away from Chris Brown — even if he is supposedly dating model Karrueche Tran.

The infamous exes were spotted at NYC nightclub The Griffin this week "hugging

and kissing," a source tells Celebuzz.

"And they went to the back of the club alone together."

And Brown was spotted early the next morning sneaking out of the hotel where Rihanna is staying. The public displays of affection did not go over so well with Tran, apparently.

"She felt the kiss was a public slap in the face," a source tells Us Weekly.

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'Tis the season for seduction, fun and body armour

Getting out the glitz, glam and faux-fur at Paris Fashion Week

PHOTOS AND TEXT BY ASSOCIATED PRESS



Miu Miu Meow!

Miu Miu's spring-summer 2013 show in Paris had a wintery vibe. Despite the slightly off-kilter season, it was a slick display, with lashings of faux-fur on coats and stoles with dyed patterning at the brand often seen as Miuccia Prada's baby sister offshoot. It picked up nicely on this season's fascination with prints as contrasting explosions on loose skirt suits — sometimes resembling the negative of a photograph. As ever, it remained demure, but back features graced a few reversed tops.



Vuitton goes retro-chic

What do you get if you mix up the world's most famous checks and Paris' most famous stripes?

The answer: Louis Vuitton, whose 1960s style spring-summer fashion show, in typically spectacular style, twinned the iconic checked Damier pattern with a set designed by artist Daniel Buren. Understatement is not a word in designer Marc Jacobs' vocabulary. So a collaboration with minimalist artist Buren — who made the famed striped columns in Paris' Palais Royal — might have raised eyebrows.

In fashion terms it was strong, with most of the 64 retro looks delivered in Mary-Quant-style.



Chanel perks up!

Fun was the healthy mantra that infiltrated Tuesday's Chanel show — a bright and diverse collection brimming with great new ideas. Silver bauble appliques became buttons, A-line skirts were playfully short, colourful checks contrasted funkily with geometric flashes and feather fringing billowed exuberantly. One model in a crossing "C" swimsuit even carried a three-foot handbag. A bold new fashion idea was the reworked bolero jacket with curved shoulders, often spruced up with inflated arms.



Sarah Burton spars McQueen style

Fashion is body amour. At least it is for Sarah Burton, who tapped her fantastical imagination for Alexander McQueen to conjure up fashion week's most original show: mixing insect-like armoury with on-trend stiff bar jackets of the New Look, as well as 19th century crinoline.

If it sounds strange, it was — set to a backdrop of images of bees and honeycomb — with each model wearing a visor reminiscent at once of the 1950s wide hat, a cage and a beekeepers mask.



Valentino between the lines

"Suggestion is seduction," was the theme of Valentino's accomplished spring-summer 2013 show in Paris, which saw the storied Italian fashion house move subtly more sensual. Italian design duo Maria Grazia Chiuri and Pier Paolo Piccioli kept their strict, high collars and didn't bare too much flesh but eased their conservative designs, in razor-thin slits and cutouts.

On the web



Qriket

Christina Applegate's breast cancer charity teams with ASICS for pink athletic gear

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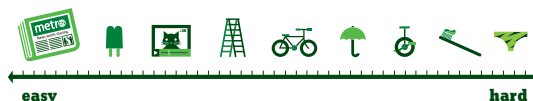
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Sharability



No neckties allowed

Sir Richard Branson is famous for taking scissors to neckties.
So in honour of his laid-back boardroom look, we've recreated his style at three different price points.
P.S. Flowing, golden locks not included.



RICHARD PECKETT
richard.peckett@metro.lu

BILLIONAIRE'S
BUDGET

Paul Smith
Unstructured blazer
\$1,390 US, mrporter.com

ZZegna
White shirt
\$255 US,
harrods.com

Nudie
Average Joe dry
organic straight jeans
\$200 US,
shop.nudiejeans.com

Browns
Leather belt, \$142,
brownsfashion.com

Church's
Paris derby shoes, \$465,
church-footwear.com

FEELING
FLUSH

Banana Republic
Tailored black cord blazer
\$198 US, bananarepublic.com

APC
Poplin white shirt
\$225 US, apc.fr

Edwin
ED-55 Red
Selvage unwashed
\$195 US,
edwin-europe.com

Grenson
G-One Cannon derby
shoes
\$458 US,
matchesfashion.com

Reiss Vincent
Luxe formal suit belt
\$85 US, reiss.com

THE FRUGAL
FASHIONISTA

Uniqlo
Velvet blazer
\$170 US, uniqlo.com

Zara
Men's white poplin shirt
\$50 US, zara.com

H&M
Straight regular jeans
\$20 US, hm.com

Topman
Slim leather belt
\$24 US, topman.com

ASOS
Derby shoes
\$60 US, asos.com

A NEW AGE OF WHISKY

JOHN K. HALL BRINGING BACK CREATIVITY, PASSION

Canadian whisky is big news. Connoisseurs right around the world are singing its praises again, and Canada's whisky makers are doing something really smart to keep it that way. They are creating a whole new range of ultra-flavourful drams.

Leading the way is wine maker turned whisky maker, John K. Hall with his Forty Creek whiskies – whiskies that have won the world's most coveted awards. When Hall was asked what makes Forty Creek whiskies stand out from the crowd, he said: "Canadian whisky is a Canadian icon, just like maple syrup and hockey. I really want to bring back creativity and passion to our country's spirit. Whisky can be just as complex, perhaps more complex than wine. Bringing out the subtle aromas and taste characteristics is what makes whisky great."

As a first generation whisky maker,



John K. Hall

CONTRIBUTED

Hall says that while he respects tradition, he is not bound by it. For example, unlike some distillers, he distills and ages each grain separately. "This approach allows me to highlight the flavour of each grain — nuttiness from the barley, fruitiness and spiciness from the rye and weight and body from the corn."

Hall's creativity doesn't stop there. He loves to experiment with different barrels for aging — sherry casks for Barrel Select, once-used bourbon barrels for Double Barrel Reserve, and even Canadian oak barrels for his Confederation

Oak. "I have worked with many types of oak barrels and every wood creates a distinctive taste expression."

Innovative and distinct whiskies such as these, along with Hall's new Copper Pot Reserve, fill a growing demand for decidedly flavourful whiskies. So put yesteryear behind you and join a new generation of whisky connoisseurs from around the world.

Why? Because they are discovering the treasure trove of rich new whiskies distilled for us right here in Canada.

— Davin de Kergommeaux

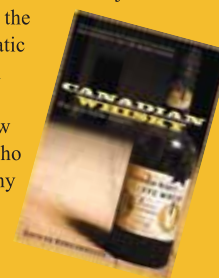


Davin de Kergommeaux

CONTRIBUTED

CONNOISSEUR'S APPRECIATION

Canadian Whisky: The Portable Expert takes readers on a journey through the first systematic presentation of Canadian whisky: How it's made, who makes it, why it tastes the way it does, its history, and the rich, centuries-old folklore surrounding it. For the first time, whisky consumers can approach Canadian whisky with a connoisseur's appreciation.



WINNING THE WORLD OVER



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Gold Medal

Beverage Testing Institute, Chicago, 2010, 2011, 2012

Gold Medal

International Whisky Competition, 2010

Distiller of the Year

Whisky Magazine, Icons of Whisky Canada, 2008

Pioneer of the Year Award

Malt Advocate Magazine, 2007

Double Gold Medal

San Francisco World Spirits Competition

Gold Medal

World Selection, Brussels, Belgium



FortyCreekWhisky.com

Who better to celebrate soup season with than The Soup Sisters?

Tuscan Bean Soup



This recipe serves six. JULIE VAN ROSENDAAL

Caren McSherry is one of the Soup Sisters in the Soup Sisters Cookbook. As owner of the Gourmet Warehouse, a store that offers high quality gourmet foods and supplies in Vancouver, and a cookbook author, she knows all about making delicacies.

In the book, McSherry shares her recipe for her Tuscan Bean soup.

1. Purée half the beans until smooth, adding a little water if necessary. Place the puréed beans in a bowl with the remaining whole beans and set aside.
2. In a large pot over medium heat, sauté the onion, carrot, celery and leek in the oil, until the onion is softened.
3. Stir in all the beans and the tomatoes, garlic and thyme.
4. Add the stock. Bring to a boil over high heat, then reduce the heat to medium-low.
5. Simmer, uncovered, until the vegetables are tender,

Ingredients

- 2 cups (500 ml) cooked white navy beans (drained and rinsed if canned)
- 1 onion, diced
- 1 carrot, peeled and diced
- 2 stalks celery, diced
- 1 leek, white and pale green parts only, washed and sliced
- 1/3 cup (80 ml) olive oil
- 6 large Roma tomatoes, diced
- 3 cloves garlic, minced or finely

- chopped
- 2 sprigs fresh thyme, leaves only
- 8 cups (2 l) chicken or vegetable stock
- Salt and pepper to taste
- Sun-dried tomato crostini (see below)
- Freshly grated Parmesan cheese for garnish

about 30 minutes. While the pot simmers, prepare the crostini (see below).

6. Season the soup with salt and pepper to taste.

7. Ladle up in a wide shallow bowl, and garnish with grated Parmesan and playful floating crostini.

Sun-Dried Tomato Crostini

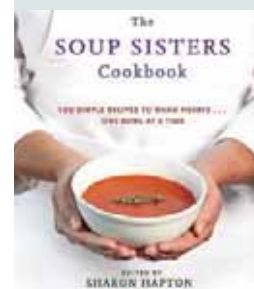
1. Thinly slice half a baguette and bake the slices in a single layer on a baking sheet in a 350 F (180 C) oven until dry and crispy, about 30 minutes.

2. In a small bowl combine 1/2 cup (125 ml) finely diced sun-dried tomatoes and half a bunch of parsley, finely minced. Spoon the mixture sparingly onto the baguette slices.

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Cookbook of the Week

Heart-warming soup



The Soup Sisters Cookbook is more than a cook featuring delicious recipes from chefs such as Anna Olson and Michael Bonacini.

It is also a part of non-profit organization Soup Sisters. The brainchild of Calgary's Sharon Hapton, Soup Sisters provides comfort to women, youth and children through the making, sharing and donating of soup.

The cookbook is a celebration of the best recipes from the project, which sees participants pay a \$50 registration fee to participate in a soup-making event at a local professional kitchen under the guidance of a chef facilitator. The soup is then delivered to a local shelter. METRO

European comfort food

"My husband's grandmother Eva immigrated to Canada from Eastern Europe," writes Karen Anderson, owner and tour guide of Calgary Food Tours Inc., in The Soup Sisters Cookbook. "She was never sure if she was Polish or Ukrainian — their town was on the border, and the lines between countries changed so many times they lost track — but she made perogies and cabbage rolls with the deftest of Ukrainian precision!"

"I inherited this borscht recipe from Eva — it's what my in-laws call great peasant food."

1. Put ribs in pot and add enough water to cover. Bring to boil over high heat; skim off gray scum that floats up.

Ingredients

- 1 lb (500 g) pork side ribs
- 2 to 3 beets, trimmed
- 2 cups (500 ml) peeled and diced carrots
- 1 onion, diced
- 1 cup (250 ml) each chopped green beans and cabbage
- 1 cup (250 ml) tomato juice
- 2 tsp (10 ml) apple cider vinegar
- Salt and pepper to taste
- 1 cup (250 ml) sour cream
- 2 tbsp (30 ml) finely chopped parsley or fresh dill



This Borscht serves about six. JULIE VAN ROSENDAAL

2. Reduce the heat to low. Simmer, uncovered, until the ribs are tender, about 1 hour.

3. While ribs cook, put beets in a saucepan and add enough water to cover them. Bring to a boil over high heat. Reduce heat to medium and simmer until tender, about 45 minutes.

4. Drain beets. Set aside until they are cool enough to handle. Peel and chop beets, set aside.

5. Remove ribs from pot, reserving cooking water in pot.

Using fork or knife, pull meat from bones and chop into bite-size chunks. Return pork to pot.

6. Add the carrots, onion, green beans, cabbage, tomato juice and vinegar. Bring to a boil over high heat, then reduce the heat to medium-low.

7. Simmer, uncovered, until all the vegetables are tender, 30 minutes. Add the boiled beets and salt and pepper to taste.

8. Ladle soup into bowls, and swirl in spoonful of sour cream.

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BUYERS FLOCK TO KING'S WHARF

DEVELOPMENT WILL REDEFINE THE CITY'S SKYLINE

Young professionals and empty nesters are flocking to downtown Dartmouth to make King's Wharf their new address, eager to live in one of the city's most up and coming neighborhoods.

Though the development is still under construction, the affordable, luxury suites are going fast, with around 200 sold, as well as a dozen rented. Residents are expected to move in this fall.

"It's a high-end product at a very, reasonable price," says developer Francis Fares.

"You can buy a brand new one-bedroom unit for under \$250,000, taxes in, so it is affordable."

The first phase of the development consists of four inspired, mixed-use condominium buildings and a proposed 33-storey tower. Toronto-based architecture team Architects Alliance — known for its award-winning adventurous designs across North America — helped Fares conceive of the design for The



LIZZY HILL PHOTO

Iconic Tower. The tower would create a glistening, modern landmark on the edge of the Halifax Harbour, redefining our city's skyline. "A lot of effort has been made to make sure it's the right building," says Fares.

Fares has teamed up with world-class architect firms such as Lydon Lynch Architecture and Michael Napier and interior design firm Norman Flynn to of-

fer locals an unparalleled experience of their downtown core. Residents will soon be able to move into European-inspired suites with high-end quality finishes, stainless steel appliances, fireplaces, engineered hardwood floors, and lifestyle amenities such as fitness centres, yoga studios, car washes, and even pet wash centres.

Part of what draws buyers and renters

CLOSE TO HALIFAX

Located at the site of the former Marine Slips in downtown Dartmouth, King's Wharf is an eight-minute drive from downtown Halifax, a quick trip by ferry, and 20 minutes from the international airport. Suite availability is already low at the Keelson, a 12-storey mixed-use building that sits alongside the Shubenacadie Canal, which will be completed this month.

to King's Wharf is the unique, picturesque location. Suites feature large glass windows and balconies, providing residents with an ideal spot to enjoy the natural beauty of the Halifax Harbour and the historic Shubenacadie Canal.

In developing the 30-acre site, Fares sought to create affordable, green living opportunities that could exist in harmony with the natural landscape.

"Every kilowatt of electricity burning here is Bullfrogged and we are working with three companies right now to try to harness the cooling and heating from the ocean," says Fares. "We're trying to be as ecologically friendly as possible."

A FLURRY OF ACTIVITY

If you wander down to King's Wharf, you will discover a flurry of activity on the 30-acre construction site — nearly 200 people are working each day to create a vibrant mixed-use harbourfront centre where locals will live and work together.

King's Wharf will help prevent urban sprawl and reduce dependence on the automobile by providing locals with opportunities for living, working, shopping and recreation in the downtown Dartmouth core.

"We are trying to appeal to commercial offices or businesses that fit our brand, which are local and as green as possible and cater to our residents," explains developer Francis Fares.

Businesses such as Just Us!, a worker-owned co-operative that sells fair trade and organic coffee, will open up on the ground level at King's Wharf, along with other innovative local enterprises.

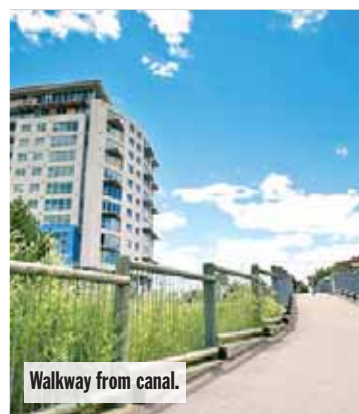
Fares is also hoping to partner with businesses such as a market-place style grocery store, a drug store, and local bakeries, boutiques and restaurants.



QEII Home Lottery Condo.

CONTRIBUTED

The first phase of King's Wharf — featuring four mixed-use condominium buildings and a proposed 33-storey tower on the edge of the harbour — is attracting a mix of young professionals and empty nesters from a wide-range of socio-economic backgrounds to downtown Dartmouth.

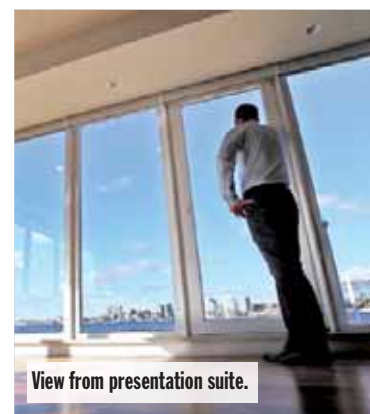


Walkway from canal.

CONTRIBUTED

Suites start at less than \$250,000 and can cost as much as \$1 million.

Inspired by the bustling harbour fronts of European cities and Vancouver, the mixed-use development will feature a public boardwalk where locals can enjoy scenic views of the Halifax Harbour and



View from presentation suite.

CONTRIBUTED

Shubenacadie Canal and patronize local businesses.

For Fares, it was important that the development speak to everyone within Dartmouth and the HRM by catering equally to the "people on the ground" and condo dwellers.

People from all over the area will be able to come to King's Wharf "for entertainment, to walk along the boardwalk on the waterfront and to enjoy our sidewalk cafés, restaurants and boutiques and shops," says Fares.

"We're hoping it's going to grow and have a momentum, and that it will be the downtown core that Dartmouth residents will rally behind and champion."

FOUR MIXED-USE BUILDINGS FEATURED

Over the past 20 years, Francis Fares has developed more than \$500 million worth of real estate projects.

The first phase King's Wharf will feature four mixed-use buildings, which

include: The Aquavista (scheduled for completion in 2014); The Anchorage (scheduled for completion in 2013); the Keelson (completed in 2012); and the proposed Iconic Tower.

Here's a bright idea: Lights!

Design options.
Update your space with some new lighting



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I've always said that the simplest way to change the look of a room is with a new paint colour and some new lighting.

A new light fixture not only adds an attractive accessory to a room but can instantly update a bedside, over a dining table or a hallway.

Add a new light fixture to update your space and then install some dimming switches; you'll be amazed at how different your place will look and feel.

Pendants

Caged styles can be used above kitchen islands, dining tables or in the centre of rooms (with high ceilings).

Graphic and modern tear-drop cage styles are all the rage and help add a chic industrial look.

Flush mounts

Sleek and more interesting are those cheap 1970-styled canopied fixtures. Classic X-patterns with gold or brass metal finishes are very popular right now.

Table

Look for traditional shapes with trend-setting colours. The neutral gourd style table lamp has been around for a long time and remains a staple in decorating.

Floor

Either very traditional or very modern; discrete yet trendy metal finishes keep the floor reading lamp in style.

The small banker style lights are great for scattering around reading chairs and the end of sofa areas. Interesting, useful and slightly retro in style; the 1960's floor lamps shine a bright light when used to fill a dark corner or highlight artwork.



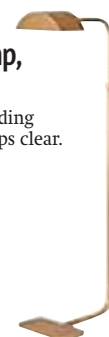
Charles bronze chandelier, \$493

Unfussy lines keep the classic chandelier simple yet stylish.
crateandbarrel.com



Mary McDonald Directoire, \$695

Architectural style up high; great in hallways and bedrooms.



Koleman floor lamp, \$345

Discrete and stylish reading light that keeps tabletops clear.



Satori pendant, \$595

Caged style lighting adds an airy and sculptural quality above the table.



Small Triple Gourd, \$300

The classic designer shape in updated grey and bronze finishes.



Bristol floor lamp, \$795

Shed a bit of light on your favourite art; a great way to brighten a dark corner.

All photos from
robertabbey.com

Vinegar

Eco-friendly cleaning

Is cleaning my home with vinegar enough to kill germs?

-Natalia of Vancouver



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Yes. Acetic acid or white vin-

egar is a great disinfectant. It also acts as a deodorizer and cuts grease.

And you can tackle household bacteria like salmonella, E. coli and other "gram-negative" bacteria with vinegar.

Gram-negative bacteria can cause infections including pneumonia, blood-stream infections, wound or surgical site infections, and meningitis.

In fact, Heinz has unveiled a stronger version of its white distilled vinegar. Instead of five per cent acetic acid, it has six, which boosts the strength

by 20 per cent.

They're calling this new formula ... wait for it ... "cleaning" vinegar!

How does it work? According to Canada's National Collaborating Centre for Environmental Health, the acid in vinegar crosses the cell membrane of bacteria and prompts a release of protons, which causes the cell to die.

The new Heinz vinegar will smell stronger, but the odour disappears quickly.

Try finding stronger concentrations of vinegar at eco-friendly stores that carry a

variety of green cleaning products and have refill stations.

For example, in Vancouver, The Soap Dispensary sells 12 per cent vinegar. Use it for tough cleaning jobs at full strength — like that dog drool coating your car windows — or dilute it with water as needed.

Five ways to clean with vinegar:

1. Fill the rinse-agent dispenser of your dishwasher with plain white vinegar.

2. Combat pit stains on white T-shirts: Soak clothing in about 60 millilitres of white vinegar and enough water to cover the stain. Leave overnight and then wash with eco-friendly laundry soap.

3. Clean rusty tools: Soak in a pail of white vinegar and brush to clean.

4. Deodorize the toilet: Pour 125 millilitres of white vinegar into the bowl. Let sit 15 minutes and then flush.

5. Remove hard-water deposits on the tub and glass shower doors: Heat 250 millilitres of white vinegar in a pot.

Then, spray warm vinegar onto surface, let sit 15 minutes and wipe clean.

Say Boo!

to boring costumes



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metro

FIRST-TIME HOMEBUYERS

Thursday, October 4, 2012



There are plenty of factors to think about — lifestyle, budget, mortgage, etc. — that go into deciding on a first home purchase. ISTOCKPHOTO/THINKSTOCK

Build your decision on these tips

ASTRID
VAN DEN BROEK
For Metro

Townhome or detached? City or suburb? There are plenty of factors that go into deciding on a first home purchase. Here's what you need to know.

IT'S ALL ABOUT THE MONEY

This is really where your home search begins — how much can you afford? And a realtor can help you determine this, notes Ron Abraham, president of the Toronto-based Ontario Real

Estate Association. "You need to know what you can afford and how not to get in so deep that you end up in financial difficulty," he said.

"So take the advice of a realtor — how much do you make? How many bills do you have? You need to know how much you can realistically afford to buy that dream."

SET REALISTIC EXPECTATIONS

"One of the problems with buyers today is they're used to living at home in their parents' nice four-bedroom, three-bathroom, three-car

Where to get help

Before you meet with prospective real estate agents, click on Canada Mortgage and Housing Corporation's site (cmhc-schl.gc.ca).

There are a variety of decision-making tools available to help you make

the big purchase including: Checklists to evaluate real estate agents; home inspection checklists; home features checklists; mortgage calculators; home hunting comparison worksheets; and more.

expectations aligned with what they can afford."

Not sure where to start researching?

Realtor.ca lists multiple

real estate agent affiliated listings coast to coast and allows you to search via price, home features and more.

KNOW YOUR LIFESTYLE

Sit down and think through your way of life, which in turn will help determine where and what type of home you buy.

"You need to consider factors such as: Are you outdoorsy types? Do you prefer a vibrant downtown community? Do you plan to have children? Also, along with knowing what they like, they need to anticipate what their

needs will be," Abraham said. He also suggests considering all factors involved, including home maintenance — do you like doing repairs and maintaining a lawn and garden? "If not, maybe a condo is for you because condos offer different features. There are advantages and disadvantages for both," he said.

In the end, Abraham advises buyers to take a hard, realistic look at what you want in a home versus what you need in a home.

"Because for homebuyers, quite often those are two different things."

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Closing day. Be prepared for extra costs

JON
TATTIE
For Metro

Closing day is an exciting day for the first-time homebuyer, as you finally get hold of the keys. But first, you will have to let go of a large amount of money. Closing costs quickly add up and can cost thousands of dollars before you legally take ownership.

Tim Melnyk, president of

the Manitoba Real Estate Association, says most closing costs total about 1.5 per cent of the purchase price. That includes land-transfer tax, lawyer fees and adjustment for property taxes. You may be unprepared for an expensive lawyer bill for what may seem like a simple task, but Melnyk discourages a do-it-yourself approach.

"A buyer wants to protect themselves," he said. "I don't

Down payment

- You generally must pay your down payment on closing day. The minimum is five per cent, which equals \$10,000 on a \$200,000 property. This

is not part of the mortgage — you need it in cash. Your lawyer can help you transfer that money from you to the home owner.

know anybody who has attempted to do a land transfer by themselves."

The land-transfer tax is

based on the property's value. You can get an idea of what you will pay by entering your figures into an online calcula-

tor. Many provinces have free online services.

For example, Manitoba's is at gov.mb.ca/finance/land-transfertax.html

Your purchase may be subject to the federal goods and services tax, or your province's harmonized version of the GST. This generally applies to new-build homes.

If you used a mortgage broker, that fee may be due by closing day. You could be

required to do a land survey prior to closing to confirm boundaries and ensure fences or sheds aren't straying outside of those lines. Your mortgage provider may require a professional inspection of the home to see what condition it is in before it cuts a cheque.

You may be able to set a monthly payment schedule for the property taxes, but expect to pay everyone else before you close the deal.

Get financial house in order

RICHARD
WOODBURY
For Metro

Before prospective first-time homebuyers fall in love with a home, one of the first things they should do is figure out what exactly they can afford to pay for a home.

"Knowing what you can afford monthly in terms of a mortgage, that will dictate ... what houses you can buy, what your price range is," said Mark Salerno, a spokesperson with the Canada Mortgage and Housing Corporation (CMHC).

To ensure that disappointment is avoided, people should get a mortgage pre-approval from their lender. This will determine how much of a mortgage they can afford and will include performing certain calculations, such as the gross debt service (GDS) ratio.

This is calculated by determining one's housing costs, which are established by adding up mortgage payments (principal and interest), property taxes and heating expenses.

CMHC says the sum total of these things shouldn't exceed 32 per cent of one's gross monthly income.

Another affordability rule from CMHC is that one's entire monthly debt load



Before buying a home, people should figure out exactly what they can afford. JUPITERIMAGES/CREATAS/THINKSTOCK

shouldn't be more than 40 per cent of their gross monthly income. The monthly debt load is calculated by adding up housing costs and all other debt payments one makes, such as credit card payments and car loans.

An important decision first-time homebuyers will have to make is the amortization period and the down payment amount for the

mortgage.

"Over the course of the last few years, some of the regulations have been tightening," said Andrew Gibson, a BMO mortgage specialist from Halifax.

In getting ready to finance a mortgage, people should also look into their credit worthiness. "You need to vigilantly manage your credit," Salerno said.



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What's best for you?

Pros and cons. The type of home you buy depends on many different factors

ASTRID
VAN DEN BROEK
For Metro

With some condominium prices today rivaling the cost of a single-family home, it can be hard to figure out what's best for your first-home buy?

Here are some pros and cons to consider first.

Pro: Many condominiums have extra security features for owners including a security-controlled door (either through a buzzer or front-door security guards).

Con: Do you prefer the kind of anonymity that can come with a condo purchase? While a 2012 survey from the Ontario Real Estate Association (OREA) noted that 93 per cent of Ontario residents surveyed reported that safety was the No. 1 concern when considering buying a home,

Varieties of condos

Are all condos the same? According to the Canadian Mortgage and Housing Corporation, there are several varieties of condos including:

Mixed use: These projects combine commercial businesses with living quarters

in the same building.

Low-rise: A building with four storeys or less.

Townhouses: Detached complexes that are often more than one level.

Duplexes: Units that are built on top of one another.

there is a different kind of safety that comes with neighbours who meet while mowing the front lawn. "Unlike a home where the newspapers gather if you're away for a few weeks, when you walk out of your condo and lock the door, nobody knows whether you're home or not," said Ron Abraham, president of the Toronto-based OREA.

Pro: Often built in urban settings, condos often have access to many amenities such as shopping, restaurants, transportation and more.

Con: That may not match who you are. "When consid-

ering a condo or a home, you have to know what is your lifestyle?" asks Abraham. "Are you an outdoorsy type? Or do you prefer a vibrant downtown community?"

Pro: Condominiums often come with a smaller square footage than homes — less rooms to clean and maintain!

Con: Smaller home footprints can mean a more compact living lifestyle. And what if your lifestyle changes? "How much space do you really need? Because condos aren't traditionally as large as a single-family home with a basement and a rec room, a walk-out, that kind

Your lifestyle

"Smaller home footprints can mean a more compact living lifestyle. And what if your lifestyle changes? 'How much space do you really need? Because condos aren't traditionally as large as a single-family home with a basement and a rec room, a walk-out, that kind of thing.'"

Ron Abraham, president of the Toronto-based Ontario Real Estate Association

of thing," said Abraham.

Pro: Traditional condos cover off much of the maintenance involved in a building — from snow shovelling and grass mowing to repairs jobs.

Con: Are you a putterer? Like to work on projects around the place? If you are looking to take care of a home, then a single-family home might be a better choice for you.



Consider the pros and cons of your choices before you decide on buying a house or condo. iSTOCKPHOTO/THINKSTOCK



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Decorating can turn your house into a home

Do it yourself. Know when to splash out and when to go cheap, interior decorator says

JON
TATTRIE
For Metro

Buying your first place can leave you cash poor, but you can still turn a house into a home without breaking the bank.

Jackie Morra is an interior decorator and the owner of Toronto's Home Décor Solutions. She says the key is to know when to splash out and when to go cheap.

Stores like Home Sense, Winners and Bouclair have changing merchandise at affordable prices, she says, so you can get your lamps and picture frames there. If you want a big piece of art, an original painting will be expensive, so you might make do with something you like from such a retail store. Indie craft stores or consignment shops can also offer great finds.

But splurge on fabrics, or rugs, to capture attention. Morra says you can add your own "wow" factors by choos-



A before, right, and after photo of a living room interior decorator Jackie Morra designed. CONTRIBUTED PHOTOS

ing a distinct material for throw pillows and making the covers yourself, or hiring someone to make them, while still only spending about \$25 per cushion.

"You can choose something that is so cool and

unique," she said.

While it's easier to paint the walls before you move in, Morra suggests settling in first and getting a sense of how the light moves through the room, what furniture ends up where, and how you

live in the house. Then tackle that desert of "builder's beige."

"Paint is the thing that pulls it all together, so you want to nail that colour," she said.

Don't just pick your fa-



vourite colour, she cautions. Design the palette around one landmark item like the artwork, hardwood flooring, or an area rug. Pull out three tones and use those to design the rest of the room.

For example, you can take a blue sky from the artwork and use a connected tone in the cushions and picture frames. The wall paint could be a second tone. "By repeating it, it helps it connect everything," Morra said.

If the rooms on one floor

are open concept, you will want a unifying theme. That doesn't mean everything in your favourite purple, but they should operate in the same colour palette.

For more tips, now might be a good time to discover Pinterest.

The social networking site is a great spot to get and share ideas for unique ways to spruce up your home décor. Users post photos of cool projects and offer brief instructions on how to do it yourself.

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On her own

Statistics. Number of reasons why more single women are deciding to purchase real estate

**RICHARD
WOODBURY**
For Metro

While the statistics are hard to come by, anecdotal evidence suggests more and more single women are buying real estate. In fact, it was this trend that led Royal LePage to release a report on this topic in 2007.

At the centre of the creation of this report was Dianne Usher, a broker with Royal LePage Real Estate Services Ltd. in Toronto.

"I was observing through the realtor community that more and more single women were buying real estate," she said.

Usher said there are a number of reasons why more single women are purchasing real estate.

"Women are waiting longer to get married," she said. "They are having a professional life first and during that time period, we can rent or we can own real estate."

In other words, women aren't necessarily waiting for

Gender divide

- One of the commonly cited statistics regarding single homebuyers is actually an American one. The statistic comes from the National Association of Realtors (NAR), which reports that among first-time and repeat homebuyers, 21 per cent are single females, while just 12 per cent are single males.

**Source: The 2011 NAR
Profile of Home Buyers
and Sellers**

a partner to come along to purchase real estate, they are grabbing the bull by the horns and doing it on their own.

Continued low interest rates are also helping fuel the trend as it makes home ownership more affordable.

Economic factors are another reason since purchasing real estate seems to be a more stable investment these days than investing in the money



Statistics show that more single young women are buying real estate. BRAND X PICTURES/THINKSTOCK

markets, particularly when considering the sluggish stock market.

Sandra Rinomato, the host of HGTV's Buy Herself, has noticed since she began practising real estate 16 years ago that more single women are purchasing real estate. In

fact, her show follows single women as they purchase real estate, whether it be a 20-something professional about to buy her first condo, a newly divorced woman or a widower.

Rinomato says one of the reasons for the trend is that it

is now easier for women to get financing. "Thirty years ago, financial institutions were not lending money to women who did not have male co-signers," she says.

Looking specifically at first-time homebuyers, more women appear to be lining up

than men to do so.

According to the 19th annual RBC Homeownership Poll, among Canadians who plan to buy a home within the next two years, women (49 per cent) are more likely than men (35 per cent) to be first-time homebuyers.

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Debate. Should you buy new or used?

**RICHARD
WOODBURY**
For Metro

For the first-time homebuyer, one of the many questions they will have to ponder is whether they want to purchase a new home or a resale one. It's not an easy decision as there are many advantages and disadvantages to the decision.

"There will always be different pros and cons for each property for each and every different homebuyer," Jeremy Kyle, a real estate agent with RE/MAX All Points Realty in Coquitlam, B.C., wrote in an email.

For example, factors such as the age of the property and location will matter to some people, but not others.

In light of this, there are a few key factors people should keep in mind when trying to decide between new and resale.

"New is always nice because you get choice," said Laurin Jeffrey, a real estate agent in Toronto with Century 21 Realty Inc. Brokerage.

This choice means people are able to customize the home (within reason) and pick the finishes for things



Do you want to buy a new home or a resale? There are both advantages and disadvantages involved with your ultimate decision. ISTOCKPHOTO/THINKSTOCK

like flooring, tiling and countertops.

This customization can extend to other areas. Jeffrey says if you show up on the

right day of construction with a box of doughnuts, you may be able to get the electrician to put the electrical plugs exactly where you want them.

Another commonly cited benefit of new homes is that they will usually come with a warranty, which provides some measure of comfort.

Regardless, a new home may not be everything it's cracked up to be.

"A lot of times people expect a brand new home to

Sales taxes

"In my experience, the reason that most people are likely to purchase resale homes is to avoid the sales taxes associated with the purchase of the new home."

Jeremy Kyle, a real estate agent with RE/MAX All Points Realty in Coquitlam, B.C.

be perfect," Jeffrey said. "It's not."

There is a break-in period for the home and things are going to shift and settle. Nail pops will happen and cracks and gaps will appear.

Jeffrey says that with a resale home, all of those things are likely to have already occurred.

From a landscaping perspective, new homes will often come with a basic landscaping package and to have a nicely landscaped property, people will have to make the most of their green thumb.

With a resale home, "the people have probably already done this sort of thing for you," Jeffrey said.

A photograph of a modern bathroom. On the left is a large white bathtub. In the center is a double vanity with two white sinks and chrome faucets. Above the vanity is a large mirror. To the right of the mirror is a sign that says 'ELEMENTS bath & kitchen'. A zebra print rug is on the floor. A window with a view of greenery is on the left.

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Price depends on where you want to live

JON
TATTIE
For Metro

Many factors affect the price of your first home, but few things rival that old real estate truism: Location, location, location.

While the size of the home, its proximity to downtown, and the age and quality of materials will all affect the price, the city you buy in

will likely dominate other variables.

The Canadian Real Estate Association recently developed a great online tool that lets you look at how far your money will go across Canada. You can toggle between different areas, and different types of houses, to see what you can expect to pay by province or city.

Metro looked at prices in five cities across the country:

Vancouver, Calgary, Toronto, Montreal, and Halifax.

If you want to buy a townhouse in the Greater Montreal area, you can expect to pay about \$290,300. In the Greater Toronto area, a townhouse goes for about \$324,200. A Calgary townhouse averages \$276,600. The Greater Vancouver area will set you back the most — a \$462,300 cheque for your first townhouse. According

to Royale LePage, an average Halifax townhouse costs about \$270,000.

The CREA tool also offers insight into the stability of the property markets. Twelve months ago, the same townhouse in Vancouver actually cost more — \$471,200 — while the Toronto townhouse would have cost less, at \$306,600. Halifax prices are steadily increasing.

There is a wide range for

single-family homes. In Vancouver, you can expect to pay almost \$1 million — or \$941,900, to be exact. In Calgary, the price is half that, with an average single-family home going for \$420,200. In Toronto, that same house will cost you \$523,100. In Montreal, you will be paying just \$302,300. The Canada Mortgage and Housing Corporation lists an average Halifax home at \$259,060.

However, if you are looking for a first-time Halifax home off the peninsula, you can get one for around \$230,000.

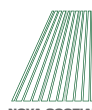
Prices generally get cheaper the further you are willing to live outside of a city.

Bear in mind that many jobs pay at a rate that also varies with the city, so you might find you earn more in Toronto than in Halifax, but that wage increase may be levelled out by your mortgage.

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Economic strategy. Income properties aren't for everyone

Buying an income property and letting renters pay your mortgage may seem like a sound economic strategy, but experts warn you could be setting yourself up for a painful way to lose money and time.

Phil Soper, president and CEO of Royal LePage, has a long list of reasons not to buy an income property.

"It's not for the faint of heart," he said. "You have to be mentally tough. Tenants can be wonderful, and they can be horrid. They can be an absolute nightmare. They can break your things, they can stop paying rent. Laws in North America generally protect tenants from evil landlords, not the other way around."

If you get stuck with a non-paying tenant, you could be in for a world of legal hurt as you try to get them out of your property. You will bleed money the whole time.

Running an income property also means taking on several part-time jobs. You



Owing income property isn't for the faint of heart, says one expert.
MARILI FORASTIERI/PHOTODISC/THINKSTOCK

are the manager of the building, the maintenance guy, the sales person — everything but the accountant, because you should hire a good accountant.

The building will deteriorate and you will need to set aside money for wear and tear. You will need to pay for insurance, too.

Soper says expect to have to find a new tenant once a year. Some stay for years, but you literally can't bank on that. "And you may have the unit empty for a time between tenants," he said.

Can you pay your own bills, plus the rental mortgage, utilities and other upkeep with no income from the property?

Still reading? Perhaps you have a stout enough heart to buy an income property.

"The good news is, over the long term, homes have appreciated by about five per cent in Canada," Soper said. "That's a pretty healthy investment. The key is getting a rental payment that's high enough to cover your mortgage and those other costs, and leave you in a cash-flow positive state."

If it works out, you will make a profit each month on the rent. Eventually selling the property for a profit should be a potential long-term benefit, not the main strategy for earning money. **JON TATTIE**

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Proper insurance can help if something goes wrong. WAVEBREAK MEDIA/THINKSTOCK



There are as many insurance policies as there are families, and getting the right fit can take time. ISTOCKPHOTO/THINKSTOCK

Ensure you have right coverage

Right fit. Insurance policies will come in handy if something happens to go wrong

JON TATTRIE
For Metro

Buying your first home often triggers a number of other life changes that can see you thinking deeply about insurance. There are as many policies as there are people, and getting the right fit can take time.

First, there is mortgage loan insurance. Generally, if you make a down payment of less than 20 per cent you will be required to get loan insurance to protect your lender in case you default. It can be paid in a lump sum, or added to your regular payments. The cost is connected to the cost of the property.

But you will also need to consider insurance for the house or condo itself and its contents in case things go wrong.

"An insurance representative will help you properly insure your home for inevitable perils," says Pete Karageorgos, manager of consumer and industry relations for Insurance Bureau of Canada. "Insurance folks tend to look at the what-ifs of the world, the negative situations that might occur, to ensure that people are properly protected."

That includes insurance if the home is damaged or destroyed, say in a fire or storm, or if you become ill and cannot pay the mortgage, or if you buy it with another person and one of you dies.

Karageorgos says if you

Contents insurance

- In addition to the value of replacing your home, consider the cost of replacing the contents. Pete Karageorgos says, as a rule of thumb, value your contents at 75 per cent of the value of your home. So if you paid \$200,000 for your home, insure the contents for \$150,000.

get a cheap policy, it might cost you in the long run. For example, a basic policy might not cover sewer backup. If your basement contains your swank TV, washer and dryer and plush furniture, and it's all wrecked when sewage flows the wrong way out of the toilet, you will have to replace it out of your own pocket. A more expensive policy will cover that.

Karageorgos also says you should make sure your home is properly valued. He says insurance companies will want to know what the home is made of, how old it is, the square footage, any upgrades like a granite countertop, because that will add to the replacement cost.

Separate policies for life or health insurance can offer some protection in the event that you or your partner can't work for medical reasons, or if one of you dies the policy can pay out the cost of the mortgage. This is especially useful for young families reliant on one salary.

The costs of insurance vary a great deal depending on many factors to do with you and your home. Expect to pay several hundred dollars annually for basic coverage.

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Bagnani and Raptors look for end to playoff drought



The Toronto Raptors' Andrea Bagnani gets help with his stretching exercises during the team's training camp in Halifax on Wednesday. MIKE DEMBECK/THE CANADIAN PRESS

Hoop dreams.

Toronto big man hopes to reverse last year's nightmare season as training camp continues



MATTHEW WUEST
matthew.wuest@metronews.ca

The Toronto Raptors have made no secret about their goal to get to the NBA playoffs this season. And they're counting on a healthy Andrea Bagnani to lead them there.

After spending more than half of last season on

the sidelines with a severe calf injury, the seven-footer has reported to Raptors training camp at the Canada Games Centre in Halifax this week healthy and, by all accounts, in peak condition.

Bagnani, who turns 27 later this month, is none too happy with the Raptors' four-year absence from the NBA post-season.

"This is my seventh season with the Raptors — first two were great, then for four years we haven't made the playoffs and it got worse and worse," Bagnani said.

"It's really frustrating so I can't wait to get back there."

Bagnani, who Toronto drafted first overall in 2006, missed 35 games in three different segments during Raptors' 66-game lockout-shortened schedule last season.

Without him, the team went 10-25 and saw its win rate drop by more than 13 per cent.

He was well on his way to a breakout season prior to the injury, averaging what would have been a career-high 23.5 points per game along with 6.3 rebounds through 13 games.

Raptors head coach Dwane Casey said Bagnani looks "even better" this week than he did at the

start of last season.

"When he plays at that level, he can be an all-star," Casey said.

"He's one of the most talented players in the league when he plays at that level and I have all the confidence in the world that he can do that."

Bagnani, who is from Rome, didn't play for the Italian national team this summer, instead taking the time to recover from the injury and train.

He's added 15 pounds to his frame, which could make him more of a force down low.

"He's playing with such aggression and such confidence right now, he's giving everybody fits (in practice) when we get him the ball," Casey said.

Bagnani said he was playing the best basketball of his career before the in-

Looking to rebound

"I want to keep playing the way I was playing last year, for the games I had the possibility to play in. I'll take it from there and keep getting better."

Toronto centre Andrea Bagnani

jury, citing improved defensive play as the primary reason for that.

He said he wants to play the same way this year and hopes it results in a better ending for the Raptors.

"I think we're better than last year," Bagnani said. "With that being said, we have to go prove it on the court in order to get there."

NBL. Rainmen contract talks with Hagan, Hugee dissolve

The Halifax Rainmen could still bring back guard Chris Hagan and forward Darnell Hugee this season, but only if a spot opens up and only if the price is right.

Hagan, one of the stars of Halifax's playoff run last season, and Hugee, a six-foot-seven forward, were priorities for the Rainmen to re-sign in the off-season. But they couldn't find common ground with either player in contract talks.

Team owner Andre Leving-

Going to the well

"When you have success, guys feel like they deserve more money, but we weren't willing to give it."

Rainmen owner Andre Levingston

ston said he would be willing to reopen contract talks with

both players.

The Rainmen have just one player returning from last season — guard Joey Haywood — while there are 20 new faces at training camp this week.

Levingston also said he had a long conversation with Eric Crookshank recently and the longtime Rainmen forward is leaning toward retirement. The Rainmen told Crookshank last month he wouldn't be re-signed for a sixth season.

MATTHEW WUEST/METRO

Picking up the pace

In an effort to encourage a more up-tempo, floor-running style of play, the Raptors have put a clock on all of their training-camp drills.

- While the time limits have added urgency and heightened the pace of play, they've also resulted in some sloppiness with the basketball, accord-

ing to head coach Dwane Casey.

- "Love our effort, love our spirit, but way too many turnovers," Casey said. "Everybody's guilty of it, and it's natural, but that's the only thing we're behind on, taking care of the ball and making the smart basketball play."

Mobile sports



Qriket

Tim Tebow came to Broadway in March as a backup, already a bona-fide star. Now with the Jets 2-2, scores of disappointed New Yorkers wonder why "Tebow Time" shouldn't start on Monday against the undefeated Houston Texans. He may be wondering the same thing.

MLB. Cabrera completes Triple Crown

Miguel Cabrera became the 15th player to win baseball's Triple Crown on Wednesday night, the reluctant superstar thrust into the spotlight after joining an elite list that includes Mickey Mantle, Ted Williams and Lou Gehrig.

The Detroit Tigers slugger topped the American League with a .330 batting average, 44 home runs and 139 RBIs, becoming the first Triple Crown winner in the majors since Boston's Carl Yastrzemski in 1967.

Cabrera's achievement wasn't assured until the Yankees pinch-hit for Curtis Granderson in their 14-2 rout of the Boston Red Sox. Granderson had homered twice to reach 43 for the year, tied with the Rangers' Josh Hamilton and one shy of Cabrera.

Cabrera went 0-for-2 against the Royals before leaving in the fourth inning to a standing ovation. He finished the regular season hitting four points higher than Angels rookie Mike Trout, his toughest competition for AL MVP. Cabrera was the runaway leader with 139 RBIs.

"I am glad that he accomplished this while leading his team to the American League Central title," Yastrzemski said in a statement. "I was fortunate enough to win this award in 1967 as part of the Red Sox Impossible Dream Team."

THE ASSOCIATED PRESS



Miguel Cabrera
GETTY IMAGES

NHL keeping concerned sponsors in the loop

No end in sight. League, union meet for fourth time in five days but again talk secondary issues and not core economics

With no end in sight to the NHL lockout, the league is doing all it can to ease the concerns of its sponsors.

A small group of key clients gathered Wednesday afternoon in Toronto for an audience with chief operating officer John Collins, who provided an update on labour negotiations and took questions from participants.

A source indicated that representatives from Molson, Canadian Tire, Sport Chek, Kraft, Sirius XM and Scotiabank participated in the meeting. One attendee called the session "productive" and applauded

Collins for taking part.

"They were very transparent with us," said the source, who requested anonymity. "I was looking around the room and the long-term, cumulative contract dollars around the table were probably at the \$100-million mark. It's a significant chunk of change for the league."

League officials have held a series of conference calls with business partners in recent months in an effort to keep

everyone informed.

With the NHL on hold, sponsors have been forced to abandon plans to activate against the league and some have started channelling money into other projects. Typically, campaigns and product launches take months to pull together — posing a problem for league partners given the uncertainty brought on by the lockout.

"We don't know when the end line is," said the source.

THE CANADIAN PRESS

Sponsorships and growth

Sponsorships played a significant role in the immense growth the league enjoyed after the 2004-05 lockout.

- Twenty-two new partners signed on with the NHL over that period as it geared its calendar around signature events, such as the Winter Classic.



Vizquel bids farewell to fans as Jays close out season

Toronto Blue Jays shortstop Omar Vizquel signs autographs for fans before playing against the Minnesota Twins Wednesday in Toronto. Vizquel plans to retire after the season and last night's game was the season finale for the Jays. Toronto won 2-1 to finish the season 73-89. NATHAN DENETTE/THE CANADIAN PRESS

Hockey. OHL ditches rink-side goal judges

Video killed the radio star. And, now, the rink-side goal judge as well.

At the Ontario Hockey League's annual general meeting in August, the board of governors approved a motion to eliminate the role of the rink-side red-light pusher.

A couple of weeks into the 2012-13 season, at London Knights games and elsewhere, fans are beginning to notice the absence of behind-the-net goal judges. The noble duty has been a part of hockey game aesthetics for more than a century.

While these office officials aren't losing a "real" job, with teams hiring goal judges on a volunteer or honorarium basis, it's certainly a change.

"You can't go anywhere in the building without somebody asking you, 'How come you're not down there goal judging?'"

A dying breed

- Goal judges were first introduced in 1877.
- They were initially called umpires.
- Only a handful of NHL goal judges remain rink-side.

said Dave Longfield, a judge at Knights games from 2000-11.

The league's decision to sink the role starts and ends with the advancement of video-replay technology. Just like the National Hockey League did in 2006, the OHL has come to the conclusion that the human element associated with goal judging is irrelevant.

JOHN MATISZ/METRO IN LONDON, ONT.

MLB

Athletics rally to knock Rangers off the top of AL West

The Oakland Athletics captured the AL West with another improbable rally in a season full of them, coming back from four runs down and a 13-game division deficit to stun the

two-time defending league champion Texas Rangers 12-5 on Wednesday.

The playoffs begin Friday with a pair of winner-take-all wild-card matchups. The defending World Series champion St. Louis Cardinals visit Chipper Jones and the Atlanta Braves in the NL, then Baltimore plays at Texas in the new, expanded format.

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Bridgewater, NS

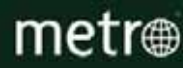
Osprey Ridge Golf Club

*Tee includes. Greens, cart, clubhouse, Oct. 2nd. Rapid recovery reported.

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General Help

6707696 CANADA LIMITED o/a Soap Stories is seeking **4 retail sales reps** for the location at Parklane Mall. **\$11.60/hr**
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6:30 - 9:30am
10.50/hr

Halifax

Great position for someone who likes mornings, students, or others who have commitments during the day.

Must be willing to work in all weather conditions.

Typically, people whom excel at this position have the following traits:

- Punctual • Honest • Reliable
- Driven • Enthusiastic

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april.doucette@metronews.ca

*Only people who are selected for an interview will be contacted

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127 Slayer St
1 BR \$540

175 Albro Lake Rd
1 BR \$635
2 BR \$735

356 Windmill Rd
1 BR \$599
2 BR \$719

6 - 16 Nivens, 77 Farrell,
15 Middle St.
1 BR \$610
2 BR \$725

11 Glenview
2 BR \$710

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appointment today!
Call Teddy at 902.441.0354

31 & 35 Highfield Park Dr.,
11 Joseph Young Dr.
1 BR + Den \$566
2 BR \$627

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Call Sara at 902-402-2973 or
Olga at 902-402-2915

15 Kennedy
2 BR \$677

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1-10 Crystal
1 BR \$579
2 BR \$711
3 BR \$745

15/25/35 Leaman
Bach \$540
1 BR \$645
2 BR \$735

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1-3 Farthington Place
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2 BR \$699

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Or Linda at 902.401.7318

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3 BR \$914

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Community Events

Bethany Annual Family Fall Fair
Bethany United Church
2669 Joseph Howe Dr, Halifax
Saturday, Oct 13th - 9am to 1pm
Pony Rides, Chowder Luncheon, Flea
Market, BBQ, Silent Auction, Crafts,
Games and much more. **\$1 admission.**

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• Vegetable garden on deep sandy soil • Detached 30' x 16' garage
• ¾ acre lot, 1 + 1/2 stories including a full basement and cold room.
Main level contains sun room, office, a full size dining room, and
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Garage/Yard Sales

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OPEN THANKSGIVING WEEKEND!
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MISCELLANEOUS

Miscellaneous

Valid until October 5th, 2012

Limited Time Offer!!

Purchase one burial plot, either traditional (\$1500)
or cremation (\$800), at regular price & receive
2nd for half price!

Pleasant Hill Cemetery, Dr. Sackville 425-6922-830-8732

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1 side board for dining room. Solid wood.
Light birch, Canadian Made!
57 1/2 x 16 1/2 x 34 \$300.00
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2 Fur Coats, one mink (with hat) & muskrat
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Curio Cabinet - 33 inches x 60 inches tall. 4
glass windows. Brown in color. Asking \$75
Call (902)463-7663

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50% tread remaining
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& Stratton motor - \$350
Call (902)462-0934

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Almond in color
Perfect working condition.
Asking \$75 OBO 902-864-3255

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coat. Size 10-12. Excellent condition.
Wear casual or dressy. Paid \$600
\$75.00 obo 902-462-2851

Lead crystal decanter set, Spc.
Decanter with top, 4 glasses,
excellent condition - \$25
Call (902)462-7310

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and dishes.
Downsizing.....Call for prices
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White GE Fridge 23 x 27 x 5ft
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excellent condition \$75.00
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blue, green, gold. Designer made.
Fits 90" opening. Incs. wall bracket
\$40 - Call 902-462-2851

Wingback chair, flower pattern - \$50
Black leather recliner - \$100
Small wooden kitchen small with two chairs
- \$50 Call (902)440-5988

Horoscopes

Aries

March 21 - April 20

Try not to make up your mind too quickly about someone today. It does not matter if your initial impressions are good or bad. Either way, they are going to be an important and positive force in your life.

Taurus

April 21 - May 21

Keep emotions out of what you have to do today. If you allow your feelings to get in the way of common sense, you could make a serious mistake — the kind that costs you money you cannot afford to lose.

Gemini

May 22 - June 21

The message of the stars for you today is quite straightforward: Don't take your luck for granted. Both in your personal life and in your career you will need to work hard to get ahead — and harder still to stay there.

Cancer

June 22 - July 23

You are reading too much into a situation that most times you would simply ignore. You may find it hard to convince yourself that you are overreacting but you really do need to keep things in perspective.

Leo

July 24 - Aug. 23

Today's cosmic alignment warns if you let slip personal information of any kind, it could backfire on you later in the month. Keep what you know to yourself, especially when it is potentially embarrassing.

Virgo

Aug. 24 - Sept. 23

Don't worry if your confidence is at a low ebb because that will change very soon. What also needs to change is the way you approach your work. Are you taking too much for granted? Give it some thought.

Libra

Sept. 24 - Oct. 23

You may be tempted to make a decision concerning your future today but with Jupiter now entering one of its retrograde phases, it might be best to put it off to a later date.

Scorpio

Oct. 24 - Nov. 22

Money and investment issues may be causing you a bit of concern but there is probably not much you can do about them at the moment. Trust that everything will turn out right in the end. It usually does.

Sagittarius

Nov. 23 - Dec. 21

Partnerships and relationships have been under good stars of late and that trend is set to continue but that does not mean you no longer have to work at them. What can you do today to improve your affairs?

Capricorn

Dec. 22 - Jan. 20

Attitude is everything. If you think you can succeed, you most likely will. If you think you may fail, you will subconsciously make it happen. Keep believing and keep trying — and you'll keep winning.

Aquarius

Jan. 21 - Feb. 19

Your confidence may be high, and with good reason, but don't let it carry you away to some fabulous la-la land where everything happened as if by magic. Be positive but keep your feet on the ground, too.

Pisces

Feb. 20 - March 20

Try not to dwell on thoughts that upset you. Focus on areas you can feel happy about and pretend the bad stuff does not exist. You are very sensitive to your environment, which is why you may need to move.

SALLY BROMPTON

Stuff and No Nonsense

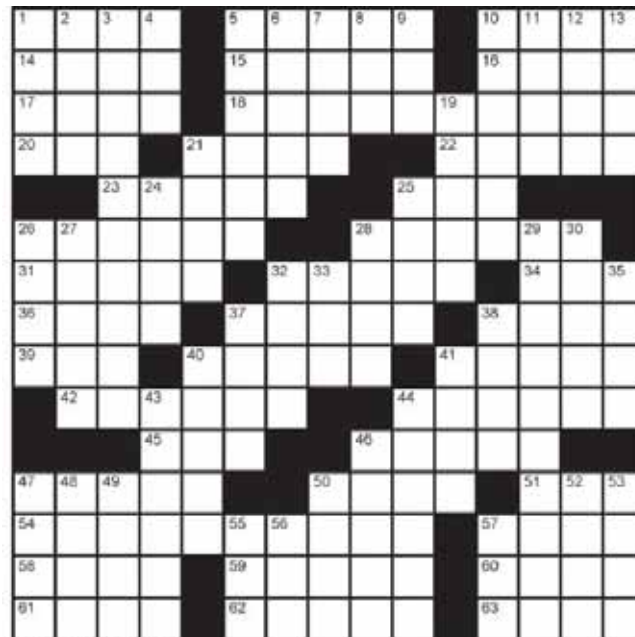
Across

1. Jewelry repository
5. Dreams: Fr.
10. Air Force installation
14. Go ____ great length: ramble (2 wds.)
15. It's west of BC
16. Specialty (in education, say)
17. "All You Need Is ____": 1967 Beatles chart-topper
18. They form the Alberta-BC border (2 wds.)
20. Yoko ____ Lennon
21. Destitute
22. Rental contract
23. People with computers
25. Part of kph or mph
26. Diamond weights
28. Gracious and elegant
31. One at ____: singly (2 wds.)
32. Blacksmith, while tending to horse hooves
34. How-____: instruction manuals
36. Inevitable outcome
37. Eucalyptus lover
38. High: Fr.
39. Before: poetic
40. World's biggest airline, by passengers
41. Popular Toyota model
42. Vancouver ____: Victoria's location
44. Hairpiece
45. PC key usually next to the spacebar
46. Symbolic Canadian leaf
47. "____ Little Prayer": Dionne Warwick hit (3 wds.)
50. Like an owl, proverbially
51. BC Hydro structure

54. Canada's government
57. Mexican coin
58. Norway's capital
59. Cycling legend Armstrong
60. Bend in a sink's pipe
61. Broadway attraction
62. Puts money into a poker pot before cards are dealt
63. African cobras

Down

1. On one's own
2. Before much longer, poetically
3. Teachers' pets
4. Québec summer
5. Copter blades
6. Reverberations
7. Abruptly change course
8. Corn unit
9. ____Cat: winter vehicle
10. ____ dozen: 13
11. Operatic solo
12. Observes
13. Comfortable state
19. Cloudless
21. Baseball's Rose or Townshend of The Who
24. Identical
25. "Not guilty," for one
26. Bistro
27. "Centipede" and "Asteroids" video game company
28. Pepsi or Coke
29. Calgary CFL team
30. "Tag, ____ it!"
32. Vended
33. Chapeau
35. Eye problem



Prepared by © 2012 Michael Wieseberg

37. Clark ____: Superman's alter ego
38. Drag along
40. Buddhism's ____ Lama
41. Contend with difficulties
43. Played it cool or stayed out of sight (2 wds.)
44. Samples a bit of (food)
46. Chop well, as garlic
47. Wall St. offerings
48. Part of Miss Canada's

- attire
49. "Alice's Restaurant" chronicler Guthrie
50. Got going
52. Stat!
53. Spill cleaners
55. ____ mode: with ice cream (2 wds.)
56. Chess or checkers piece
57. School fund-raising grp

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 9 | 4 | 6 | 3 | 2 | 5 | 7 | 1 |
| 1 | 3 | 2 | 8 | 5 | 7 | 4 | 9 | 6 |
| 6 | 7 | 5 | 9 | 4 | 1 | 8 | 2 | 3 |
| 2 | 4 | 8 | 7 | 6 | 5 | 1 | 3 | 9 |
| 7 | 5 | 6 | 1 | 9 | 3 | 2 | 8 | 4 |
| 9 | 1 | 3 | 2 | 8 | 4 | 7 | 6 | 5 |
| 5 | 8 | 9 | 4 | 2 | 6 | 3 | 1 | 7 |
| 4 | 2 | 7 | 3 | 1 | 9 | 6 | 5 | 8 |
| 3 | 6 | 1 | 5 | 7 | 8 | 9 | 4 | 2 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 4 | | 6 | 1 | 8 | | 3 | |
| 1 | | | | | | | | 6 |
| | | 8 | | | | 1 | | |
| 2 | 7 | | 9 | | 1 | | 5 | 4 |
| | | | | 7 | | | | |
| 3 | 5 | | 8 | | 6 | | 2 | 9 |
| | | 9 | | | | 3 | | |
| 4 | | | | | | | | 5 |
| | 1 | | 3 | 9 | 7 | | 4 | |

Today

18°/11°

Partly cloudy

Friday

17°/11°

Showers

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